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Your essential daily news | TUESDAY, JULY 12, 2016

High 21°C/Low 11°C Scattered thunderstorms



Joao Ricardo Vieira, left, from Sao Paulo, Brazil, and bullfighter Jesse Byrne are tossed around by I'm A Thug at the bull riding championship. CANOICE WARD/FOR METRO

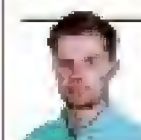
SCORE ONE FOR THE BULLS

Day 4 a rough ride for some metroNEWS

Responsibility not ours: Domtar

WEST VILLAGE

Company cites never operating at site in need of creosote cleanup



Jeremy Simes
For Metro | Calgary

The successor corporation of a company that owned and operated a wood-preserving plant that left toxic creosote in Calgary's West Village says it's not responsible for the cleanup.

On Monday, Metro confirmed the Alberta government sent Domtar Corp. — the successor of the preceding wood-preserving plant, Canada Creosote Company Ltd. — a letter in March, according to Domtar spokesman David Struhs.

Struhs said the letter was an invitation to learn more about the city considering to learn more about the city considering to make property and money available to build Calgary-NEXT, a multi-use stadium complex that would house the Calgary Flames and Calgary Stampede.

"Having never actually operated at the site, we don't feel like we have any responsibility," Struhs said.

The report also found potential risks to future users can be managed and mitigated, and that there is a low potential risk of adverse health effects for receptors assuming that green spaces with clean soil will be created within one metre of the ground surface.

However, there is potential risk of adverse health effects due to inhalation of petroleum hydrocarbons and other chemicals for construction and utility workers, the report added.

"There are no problems with the existing use of the property," he added, referencing the CMHC's April 2016 report that found there were no immediate adverse health effects due to current conditions.

Ministry of Environment spokesman Kyle Ferguson confirmed the government has initiated conversations with potential responsible parties.

The 15-hectare site, which was owned and operated by Domtar's predecessor, was discovered to have hazardous waste in the late 1980s. Remediating the land could cost \$50 million to \$140 million.



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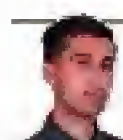
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Pokémon Go captures city

MOBILE APP

Fans flock to game despite lack of official Canadian debut



Aaron Chatha
Metro | Calgary

There's a strong Chansey you'll get swept up in the craze soon — Pokémon Go is catching on across Calgary, and the game isn't even officially out yet!

Since its release in the U.S. and Australia last week, hundreds of Calgarians have found a work-around (that we can't legally explain here) to download the mobile app and begin hunting in popular areas like Kensington or the Bow River.

Others, like Matthew Brosseau, have been throwing Pokeballs inside of Calgary ambulances.

Yep, Brosseau injured his leg bad enough that he called an ambulance to pick him on Sunday night.

From the back of the vehicle, he opened up the app and discovered the Pokémon Jynx was travelling with him. He almost popped off the seat.

"The EMTs were like, what's happening!" Brosseau recalled. "I said, see something on that chair. They were like, what?"

After showing them the app, the EMTs shared a laugh and actually helped him catch the Jynx, as well as a Clefairy

and Jigglypuff.

For those more Pikachu-obsessed about where to Golem and hunt for Pokémon, some Calgarians are re-discovering what fresh air is like.

"Yesterday I went for a 5K walk for no reason," laughed Mike Blais.

"Well, it was to catch Pokémon. But I can't remember the last time I went for a 5K walk for anything."

Blais said a huge part of the game's appeal is meeting new people and catching the original 150 Pokémon he grew up with.

For 42-year-old Tamara Banbury, however, nostalgia doesn't play a factor.

In fact, Banbury doesn't even play video games — but she's hooked on Pokémon Go. She spent the weekend at Prince's Island Park meeting other players, and was surprised how many local buildings functioned as in-game gym challenges.

"The local pub I go to every Saturday for trivia is a gym — Donegal on 37 St," she said.

Meighen Anderson, general manager at Donegal's said she'd never actually heard of the game — but anyone who wants to grab a pint, relax in a booth and battle some Pokémon are more than welcome to come.

The Pokémon themselves are everywhere though.

Calgary player Kenzie Conrad said she caught a Krabby at a Crabcore concert.

"I'm starting to worry how much my phone bill is going to be," she laughed.



Mike Blais hunts for Pokémon in the tall grass near his home. AARON CHATHA/METRO Inset: Kinzie Conrad caught a Krabby at a Crabcore concert. COURTESY KINZIE CONRAD



What is Pokémon Go?

Pokémon Go is essentially an augmented reality version of the popular Nintendo series Pokémon. Using the Google Maps and the camera on your phone, it places Pokémon monsters into the real world for you to catch and train.

It's dependant on the terrain as well. Pokémon are

divided into types, and do better battling types that are weaker to them. For example, fire Pokémon beat grass Pokémon, but grass beats water and water beats fire.

Calgarian Mike Blais walked around the Bow River to collect water type Pokémon.

He said he has friends in Arizona who mostly catch rock and fire-type Pokémon, due to the terrain there. A

planned trading feature will allow players from around the world to trade Pokémon, once it's implemented.

Within the game you get to choose one of three factions to join: Instinct, Mystic or Valor.

Certain buildings are designated as gyms, and players can battle at these gyms to control it in the name of their faction. If a team Valor player has conquered a gym, it will

remain red until a member of the other teams can battle and take it over — making it yellow or blue.

The Calgary Tower is a hotly-contested gym, but other gyms could be placed in your local pub or church.

The game isn't officially out in Canada yet, but there are plans to roll it out eventually. Until then, players are going online to find a work-around at get the game.

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SECONDARY SUITES

Pincott backs out of reform motion



Brodie Thomas
Metro | Calgary

One of the eight councillors who signed on to Coun. Shane Keating's motion to reform the secondary suite application process has withdrawn his support.

Ward 11 Coun. Brian Pincott said after taking more time to review the proposed changes, and after speaking with people who've been through the secondary suite process, he's decided it wouldn't be a step forward.

His concerns are with fees, licensing and the boundaries where secondary suites would be allowed or at least discretionary.

Pincott noted that of the 18 applications heard at the last council meeting, all but

two were outside the proposed zones.

That means, many secondary suite applications would still have to be heard at council even if the reforms were passed.

"We would still have to go through the very same process, except we make them pay for it now," said Pincott.



We're so divided on philosophical and ideological boundaries that neither side is willing to give in.

Coun. Shane Keating

He also has a problem with forcing secondary suite owners to licence their rentals, when landlords who rent entire homes are not required to do the same.

Keating said he's surprised that so many councillors who are for secondary suites are opposing his motion.

"We're so divided on philosophical and ideological boundaries that neither side is willing to give in."

INTERNAL INVESTIGATION

Police looking into takedown video

The Calgary police service will conduct an internal investigation into a video of a police takedown that has gone viral on social media.

The video shows three Calgary police officers pulling one man to the ground and an officer punching the man repeatedly while the man is held down.

Although the police earlier said the video did not tell the entire story, Chief Roger Chaffin said Monday night that CPS would conduct an internal review.

"Public commentary de-

mands a response from the Service and allows us the opportunity to review what happened and address these concerns," said Chaffin. "As such, a review of this incident is now underway."

Howie Shikaze, Calgary Police Commission Chair, said the commission will provide independent oversight of the investigation to insure it is appropriate, fair and thorough.

A spokesman for the provincial justice department said ASIRT will review the internal investigation's findings.

METRO

Notley unfazed with unite-the-right move

POLITICS

Premier says strategy won't change if PCs, Wildrose merge

Premier Rachel Notley says the "little do-si-do" taking place between Alberta's two right-of-centre parties hasn't changed how the NDP plans to tackle the next election.

She says her party's strategy won't change if longtime Alberta MP Jason Kenney succeeds in making willing dance partners of the Progressive Conservative and Wildrose parties.

"My focus as the premier of the province is to move forward on governing on the basis of the values that I presented to Albertans in the last election, which they endorsed," she said Monday.

"In the next election — regardless of how many different parties have popped up or disappeared or come together or done the little do-si-do with each other — it won't matter because we'll run on our record, the same record that Albertans chose in the last election."

Notley made her remarks after flipping and serving up pancakes at the annual premier's Stampede Breakfast in downtown Calgary. It was her second year holding the event, which drew a crowd despite heavy rain.

Notley said the goal leading up to the 2019 provincial vote will be winning over Albertans who share the values the NDP stands for.

Alberta's PCs were ousted last year by the New Democrats after more than four



Premier Rachel Notley flips pancakes at the annual premier's Stampede Breakfast in Calgary on Monday. THE CANADIAN PRESS



We'll run on our record, the same record that Albertans chose in the last election.

Premier Rachel Notley

decades in power, and proponents of the unite-the-right movement say vote-splitting was to blame.

Last week, Kenney announced his plan to leave federal politics, seek the vacant Progressive Conservative leadership in Alberta and, if he succeeds, facilitate a merger with the rival Wildrose Party.

The high-profile former cabinet minister has argued it's necessary to bring the Wildrose and Tories together if right-leaning voters in Alberta want to topple Notley's "accidental NDP government" in the next election.

Former prime minister Ste-

phen Harper and interim Conservative leader Rona Ambrose support the plan.

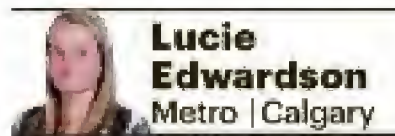
Notley said Monday that Alberta is a "young, modern, diverse" province and voters "like to have their choices respected."

"I believe ... that politicians who leave Alberta and then come back a decade and a half later run the risk of making some unfortunate assumptions about what Alberta is like and what Albertans care about."

THE CANADIAN PRESS

SOCIAL MEDIA

Local entrepreneurs launch experience-sharing app Tang



Lucie Edwardson
Metro | Calgary

If you're planning on being at one of the many busy Western bars during Stampede this year you might want to download Tang, a new app aimed at sharing your experiences.

Brad Williamson, app co-creator, said the idea behind Tang is so people can see what's going on inside local hot-spots before waiting in line and pos-

sibly being disappointed.

"Typically during Stampede people will wait in line for about two hours, not really sure what's going on inside the bar," he said. "Now, if you go on Tang you can see real-time what is happening inside the different bars and decide if that is where you want to be."

Williamson and co-founder, Jamie Bertram launched the app last week, and already have more than 800 people using their app. The duo has teamed up with bars like Ox-

ford Stomp, Knoxville's, Wildhorse and even the Stampede Round-Up to offer geo-tagged locations to users.

"We are really excited for Stampede Round-Up because KISS is playing and our app will be promoted on-screen during the event, so we hope people will download and share their time there too," said Williamson.

Tang is somewhat of an Instagram and Snapchat hybrid. Users can take photos or videos, filter them and then add

a time limit between two minutes and 48 hours before the post disappears.

Williamson and Bertram said they learned a lot about how to best launch their app thanks to the Mount Royal University Innovation and Entrepreneurship program, where they won \$10,000. That funded their trip to San Francisco where they were able to pick the brains of some of the industry's best.

Download Tang from the app store.



Brad Williamson, left, and Jamie Bertram hope their app Tang will enhance the Stampede experience. LUCIE EDWARDS/METRO

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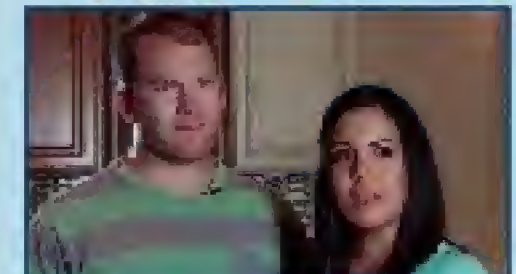
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Profits from Sales & Wholesale
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"We have also made around 20k just in referral fees for Hard Money referrals"

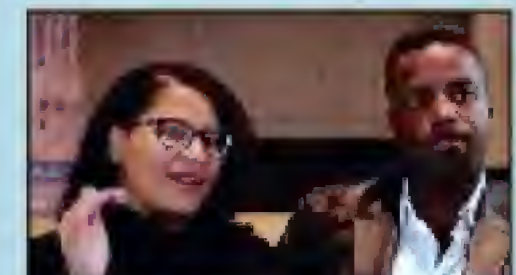
Pending Sales - 4 Deals

On Market - 3 Deals

Deals Under Rehab - 4 Deals

Projected Profits - \$2,650,000

That's 22 Deals total since they went to Bus Tour Sept 2014



MELVA & LEON

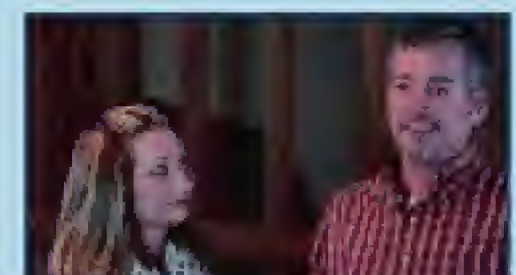
1st Property made \$37,328

2nd Property made \$52,865

3rd Property made \$100,105

Total of \$190,298 in profit in 6 months. Since then...

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JOHN COOKSEY

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1st Flip - profit \$5,000

2nd Flip - profit \$8,000

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residential) - estimated

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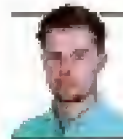
10am or 2pm

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RESTAURANTS

Earls to phase out tipping



Jeremy Simes
For Metro | Calgary

Research tells Earls Restaurants' Craig Blize that there won't be tipping in Canada in next five to seven years, so the chain's prototype location decided to say, 'We don't want your tip.'

On Friday, Earls 67 opened on Calgary's Stephen Avenue to test a variety of concepts, which includes an automatic 16 per cent hospitality surcharge.

That means Earls 67 isn't taking your tips, Blize said, adding there has been a no-tipping trend growing in New York, Europe and Australia.

The chain also wants to see if staff teamwork improves and customer service improves as a result of the pilot.

"The restaurant market is ever-changing and evolving," he said.

"Every city is different where they're landing in the trends. We have a lot of people that are loving it and a lot of people that have questions."

If all goes well, and both employees and customers like the no-tip concept, the 16 per cent hospitality charge could be rolled out to other locations.

"We want to gain all the information we can about this," he said, "and then we're going to evaluate it after six months."

Blize said Earls 67 included the 16-per-cent hospitality charge because the restaurant wants its food prices to remain competitive.

Tsuut'ina First Nation reveals development

CONSTRUCTION

Three sections to host offices, shopping and entertainment



Brodie Thomas
Metro | Calgary

There's a whole lot of sod turning going on in this downturn.

Just weeks after the announcement of a new shopping centre in the Northeast and the planned revitalization for the Deerfoot Mall, the Tsuut'ina First Nation announced a project to coincide with construction of the Southwest Ring Road.

The announcement is for three unique districts on Tsuut'ina land that will be directly accessible via the ring road.

Construction, which is to begin in the next two to three years, is to coincide with work on the ring road.

It's expected the developments could take up to 20 years to finish.

The southwest portion of the ring road is scheduled to be done in 2021.

The First Nation has partnered with real estate developers Canderel on the project.

Chief Roy Whitney described the partnership as historic.

"Tsuut'ina will be home to one of the largest, if not the largest, First Nations developments



The proposed entertainment district would be built near the already successful Grey Eagle Resort and Casino. SCREENSHOT / COURTESY TSUUT'INA NATION



'ONE OF THE LARGEST, IF NOT THE LARGEST'

Tsuut'ina Crossing will be a 360-acre research campus and mixed-use office area located east of the Ring Road and west of Oakridge.

Tsuut'ina Centre will be a 380-acre retail and commercial area located south of Bullhead Road and north of Fish Creek Park.

Tsuut'ina Park will be a 500-acre entertainment and hospitality area near the Current Grey Eagle Casino. WITH FILES FROM CANADIAN PRESS

in Canada. In addition to the financial benefits of rents and property taxes that will come from development, so too will come opportunity," said Whitney in a release.

The province announced last Friday that it is already beginning work on the section of Ring Road running through

Tsuut'ina land.

Coun. Brian Pincott, whose ward abuts much of the planned development, said the city has known about the plan for a while and believes it will be important for the city and the First Nation to work together.

"From the city's point of view, we've known that something

is going to happen there so it has been our (traffic) modelling to date."

Calgary Mayor Naheed Nenshi said the developments will provide value for Calgarians.

"This thing has the potential to be very valuable and very additive for the community," he said.

FIRST RESPONDERS

Fort Mac fire teams face issues long-term

Many Fort McMurray firefighters, unable to wear their usual air masks while battling a giant wildfire that attacked the northern Alberta city, are being screened for health problems because they spent several days breathing in hazardous smoke.

Some of the 180 crew have developed a persistent cough, says firefighter Nick Waddington, president of the Fort McMurray branch of the International Association of Fire Fighters.

Results of lung and blood tests will be private. But Waddington predicts the firefighters will need ongoing support and possible treatment for serious illnesses over the next 10 to 20 years.

"Realistically, a lot of our guys, their lives are going to be shortened because of this incident," Waddington says bluntly. "When you compound that with everything that we're going to have in our careers, we're definitely going to be in a high risk."

The fire spread into the oil-sands capital on May 3 and forced more than 80,000 people to leave. It destroyed roughly 2,400 homes and other buildings — about one-tenth of the city. Firefighters were credited with saving the rest of the community.

Firefighters "would have been out there for long periods of time sucking in the smoke," says Fort McMurray fire Chief Darby Allen. THE CANADIAN PRESS

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Student's family asks for help

BANGLADESH

PM Justin Trudeau urged to intervene in the case

The family of a Toronto university student who was detained after surviving a deadly attack in Bangladesh has asked Prime Minister Justin Trudeau to intervene in the case of the young man, who is a permanent resident of Canada.

Tahmid Hasib Khan has been in custody in Dhaka since the July 1 attack, in which 20 hostages were killed, mostly foreigners.

The 22-year-old's family doesn't know why he's being held, but they insist Khan has done nothing wrong.

His brother, Talha Khan, who is a Canadian citizen, sent a letter through a lawyer to Trudeau's office on Monday, asking for Ottawa's help in

the case.

"It's requesting that they reach out to the government of Bangladesh, to let the government of Bangladesh know that Canada is concerned," said lawyer Marlys Edwardh.

"And (the letter asks) to seek access to this young man so that the conditions of his detention can be monitored and



We want to know why he is being held, as a witness, or as a suspect.

Talha Khan, Tahmid's brother

it can be ensured that he is not being held in circumstances that violate international norms."

Global Affairs Canada has said it is monitoring the situation in Bangladesh closely, but a spokeswoman said Monday

that "there are limits" to what any country can do for individuals who are not its citizens.

However, Edwardh said that although Khan is not a Canadian citizen, Ottawa does have "a clear discretion" to request consular access to him.

"Tahmid is a young man who has very real Canadian connections," she said.

Khan, an undergraduate student studying global health at the University of Toronto, had travelled to Dhaka to visit family, with plans to go on to Nepal where he was to begin an internship this week. He was meeting friends at an upscale restaurant in Dhaka's diplomatic zone when he got caught up in the 10-hour hostage crisis.

A group of young Bangladeshi men held about 35 hostages over night, killing 20 of them, including 17 foreigners from Japan, Italy and India. Two police officers were also killed in the siege.

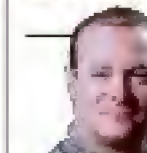
THE CANADIAN PRESS



Tahmid Hasib Khan, a University of Toronto student who survived a hostage-taking in Bangladesh has been detained by authorities ever since the weekend attack, his family said Wednesday as they called for his immediate release. HANDOUT/THE CANADIAN PRESS

ASTRONOMY

Canadians discover new planet



David P. Ball
Metro | Vancouver

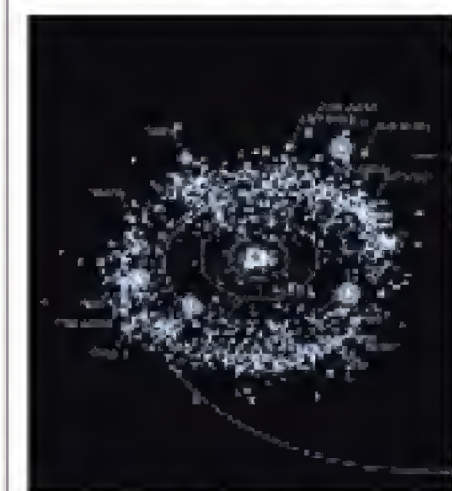
Canadian astronomers have helped make a far-out find some 12 billion km from our sun: a new dwarf planet with an "unusual" 700-year orbit.

Spotted by an international team that includes top researchers in Vancouver and Victoria, it is the largest object in the solar system that Canadians have ever found.

And according to University of British Columbia's Brett Gladman, the crew behind the discovery isn't letting the fact that it's "smallish" get in the way of their excitement — the object's diameter is barely wider than B.C., making it what's known as a "dwarf planet."

"Think of it as a smallish planet," explained Gladman, who holds a Canada Research Chair in planetary astronomy. "It's not quite big enough to be a planet, but it's still an impressive object with enough gravity to pull it into a spherical shape."

First spotted in late February, using five-month-old images from the Canada-France-Hawaii Telescope at the top of the volcano island of Maunakea, for now the dwarf is simply named "2015 RR245."



The dwarf planet is called "2015 RR245." GETTY IMAGES

IMMIGRATION

Going home to Afghanistan was refugee's mistake



Obaidullah Siddiqui fears being separated from his children if he's forced to leave Canada. HANDOUT/TORSTAR NEWS SERVICE

Sometimes, going home can have terrible consequences.

Afghan native Obaidullah Siddiqui learned that the hard way when the former refugee was stripped of his right to stay in Canada because he made the mistake of going back — three times — to his war-torn homeland to visit his aging parents.

After living in exile in Pakistan for two decades, Siddiqui and his family were resettled to Canada as permanent residents by a private sponsorship group in January 2011.

But as his marriage started

to crumble amid the chaos of the resettlement, the 49-year-old Surrey, B.C. man said he took three separate trips back home — two accompanied by his children — to visit his parents in Herat and to get their help in saving his marriage.

In November 2013, immigration officials initiated what is known as a "cessation application" and later stripped Siddiqui's permanent resident status on the grounds "he was found to have re-availed himself of Afghanistan's protection" and his life would no longer

be in danger there.

As a result, Siddiqui became the first case where a sponsored refugee arriving as a permanent resident was stripped of his status, and faced removal under changes the Tories introduced in 2012 to immigration laws to make losing permanent residence automatic in such circumstances, with no discretion.

"This has broken me. I am going through extremely hard times mentally, emotionally and psychologically," said Siddiqui. TORSTAR NEWS SERVICE

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ATTACK

Dallas PD was taking steps to mend rifts

When Micah Johnson opened fire on Dallas police in an act of vengeance against white officers, he was attacking a department whose chief has been lauded across the country for taking bold steps to root out bad cops and repair relations with minorities.

Police Chief David Brown, a black man who pushed through the reforms despite resistance from the rank-and-file, boasted at a news conference Monday that crime, police shootings and excessive-force complaints against the department have all dropped.

Johnson, a black Army veteran who served in Afghanistan, killed five officers in a sniper attack Thursday that he portrayed as payback for the fatal police shootings of black men last week in Baton Rouge, Louisiana, and suburban Minneapolis.

The attack ended with Johnson blown up by a bomb delivered by a police robot.

No evidence has come to light to suggest that the 25-year-old Johnson had a grudge specifically against the 3,400-officer Dallas Police Department.

"Dallas PD is paying the price for problems elsewhere around our country," said Mohamed Elibiary, a Texas-based Department of Homeland Security adviser.

Carlyle Holder, president of the National Association of Blacks in Criminal Justice, had been holding up the Dallas Police Department as an example of a law enforcement agency effectively addressing the problem of racial disparities in police work.

"That's what made the killing of those officers so much harder to take," he said.

THE ASSOCIATED PRESS

Baton Rouge police face criticism over arrests

LOUISIANA

Nearly 200 arrested, but charges still uncertain

Criticism mounted Monday over how Baton Rouge police dealt with throngs of protesters during the weekend, including nearly 200 demonstrators who were arrested and may yet face criminal charges.

The protests have been growing around the country as people

express outrage over the recent deaths of two black men at the hands of police in Louisiana and in Minnesota.

East Baton Rouge District Attorney Hillar C. Moore III said Monday that his office hasn't made any decisions on charges against the protesters and that it will be done on a case-by-case basis.

"We're going to do as good job as we can, as quickly as we can, to try to go through the (police) reports as they come in," he said.

Moore suggested that "first offenders" and people who may have just "stepped over a line"



They are telling us not to be violent, but they are being violent against us. Kristy Carter

could have their cases resolved more quickly than those for protesters accused of carrying guns or injuring officers.

But with tensions rising since last week's killings of Alton Sterling in Baton Rouge and Philando Castile in Minnesota by white officers, and an attack on police by a black sniper in Dallas that killed five officers, many have questioned whether the police response has been appropriate.

Kristy Carter said she's been protesting every night since Sterling was killed. She said that officers outside the police station said they don't have a problem as long as protesters don't cross barricades or stop traffic — but that in practice it's different.

"Yesterday evening we were standing here ... and they just started coming and attacking the crowd for no reason," Carter said of police.

The American Civil Liberties Union of Louisiana said Monday that Baton Rouge police "used violent, militarized tactics on groups of people who have gathered peacefully in protest of Alton Sterling's killing."

On Sunday, Amnesty International questioned the high number of arrests during Saturday's protests.

Louisiana authorities have said repeatedly that they have no problem with protesters and pointed out the number of rallies that have been co-ordinated with authorities and gone off without problem. THE ASSOCIATED PRESS



ICONIC IMAGE

IN THE MIDST OF CHAOS

Social media is exploding with reaction to a photograph of the protests in Louisiana over the shooting death of Alton Sterling in a struggle Tuesday with two Baton Rouge police officers.

The photo is of a young woman in a flowing dress near the city's police headquarters, the instant before she is arrested by police.

She was held in detention for 24 hours.

"Have a feeling we are getting a glimpse of what will be in future history books," tweets one admirer. "Look at her posture!" another tweets. "She is balanced, powerful, upright and well grounded with both feet firmly planted on the earth."

The officers in heavy riot gear appear to be reeling backwards from her.

The photo was shot on Saturday by Jonathan Bachman of Reuters. It quickly went viral on social media, where she was identified as a 28-year-old nurse, who's the mother of a five-year-old son.

PHOTO: JONATHAN BACHMAN/REUTERS
TEXT: TORSTAR NEWS SERVICE

SHOOTING

Inmate kills two bailiffs

A prisoner was being moved at western Michigan courthouse when he disarmed an officer and shot and killed two bailiffs Monday before officers killed the gunman, a sheriff said. Berrien County Sheriff Paul Bailey said the inmate was being moved from a holding cell when a "fight occurred." He said the man was able to disarm an officer, get hold of the gun and start shooting.

THE ASSOCIATED PRESS

BREXIT

Britain to get new 'Iron Lady' as Cameron sings last song

Theresa May, 59, is expected to be sworn in as Britain's new prime minister later this week.

She brings with her plenty of experience, having been first elected to Parliament in 1997.

She rose to become chair of the Conservative Party in 2002 and Home Secretary in 2010. Home Secretary is a mega-post in Britain, as it encompasses immigration, anti-terrorism and policing.

Here are three things to know about the woman who is to lead the United Kingdom

by the end of the week:

1 "Brexit means Brexit"

She was part of the Remain side in the Brexit debate, although she came under fire for not campaigning hard enough.

She has quickly snuffed out any speculation that she'll try to stay inside the European Union.

"Brexit means Brexit and we will make a success of it," she said.

2 Private person

May prefers not to give out details of her personal life, although she has spoken about



Theresa May, incoming leader of Tories. GETTY IMAGES

some things, such as how she has Type 1 diabetes.

She and her husband, Philip May, were married by her Anglican minister father in 1980.

3 Students aren't immigrants

As Home Secretary, May made it clear she thinks too many foreign students don't go home when their visas run out.

"I don't care what the university lobbyists say," she said. "The rules must be enforced. Students, yes: overstayers, no."

TORSTAR NEWS SERVICE

+ SO BRITISH

Cameron's tune

British Prime Minister David Cameron told reporters he'd be calling it quits as prime minister by the end of Wednesday. Then he turned his back and walked back into 10 Downing Street in London. As he turned, it seems he began to whistle and sing "Do dooo doooo" to himself. TORSTAR NEWS SERVICE



Canada Post and the union representing 50,000 of its workers have resumed talks as the post office withdrew a threat to lock out its workers. RYAN REMIORZ/THE CANADIAN PRESS

Canadian retailers get ready with Plan B

CANADA POST DISPUTE

Contingency plans include new delivery partners

Canada's largest retailers say they're preparing to handle any disruptions in Canada Post services if the corporation can't reach an agreement with its unionized employees.

Some retailers have been planning for the possible disruption for months, putting contingency plans into place that include alerting customers to the problem and queuing up new partners for package deliveries, said Michael LeBlanc, senior vice-president for the industry group the Retail Council

of Canada.

A possible lockout of 50,000 postal employees was averted on Friday and Monday, and negotiations are continuing at an Ottawa hotel.

Even before the threat of a lockout, Purolator had already seen a significant increase in shipping volumes, according to spokesperson Courtney Reistetter. Purolator is prepared to add staff and overtime hours to meet the demand, said Reistetter.

The rise of e-commerce, has made retailers more dependent on parcel delivery services, LeBlanc said. "As much as there is so much technology involved in e-commerce, you still can't e-mail a parcel."

Additionally, a lot of business-to-business communications and exchanges are still

BY THE NUMBERS

The Retail Council of Canada's e-commerce benchmark report found 69 per cent saw an increase in online sales of between 10-25 per cent over the previous year (2015 vs 2014).

■ Canada Post reported

in May that parcel volume increased by more than five million pieces in 2016 over 2015. Domestic parcels increased 20.5 per cent.

■ Canada Post delivered one million or more parcels on every Monday in January.

conducted by mail, including the exchange of cheques and invoices, LeBlanc added.

LeBlanc said that in the event of a service interruption, smaller independent retailers may have more problems signing up new delivery services if they rely on Canada Post and those services may

be more expensive. Large retailers typically use a variety of shipping services. "Smaller retailers have single source," said LeBlanc. "When that is disrupted, it's harder to call someone up and say I'm not your customer but I'd like to do business with you now."

TORSTAR NEWS SERVICE

POKEMON GO

Crimes linked to new smartphone game

Police departments are reporting crimes associated with the new "augmented reality" smartphone game "Pokemon Go," which is based on cute Nintendo characters.

1 Pokemon Go used to rob victims — Police in Missouri say four teens robbed victims after luring them to a specific spot in O'Fallon, just

outside of St. Louis, using the smartphone game. Police say the robbers, aged between 16 and 18 years, put a "beacon" at a location to draw in players.

2 Game leads to body in river — Authorities in central Wyoming are investigating after a woman playing Pokemon Go found a man's body

in the Wind River near Riverton on Friday. The Fremont County Under-sheriff Ryan Lee says the death appears to be accidental and possibly a drowning. He says evidence indicates the man went into the water where he was found.

3 Stop trespassing to find Pokemon, sheriff warns — In a post on its

official Facebook page, the Goochland Sheriff's Office in central Virginia links a rise in reports of trespassing and suspicious activity over the weekend to the Pokemon Go game. Deputies say they have found people on business, church, and government properties late at night when the grounds are closed.

THE ASSOCIATED PRESS

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EMMA TEITEL ON PASSPORTS

Unless you have a debilitating fear of heights, the prospect of getting on a plane is unlikely to keep you up at night. But if you are transgender or gender queer, it might.

Air travel is stressful.

There are passports to mind, forgotten toiletries to stuff last minute into tiny plastic bags, and planes to catch—or miss.

There are glitches in the in-flight entertainment system, crying babies, and — courtesy of the person sitting next to you — inaudible, pungent farts.

But for most of us — and by most of us I mean people whose gender identities match their sex at birth — the stress of air travel is fairly minor.

Unless you have a debilitating fear of heights, or you're a Muslim person wary of racial profiling, the prospect of going to the airport and getting on a plane is unlikely to keep you up at night.

But if you are transgender or gender queer, it might.

In fact, in some cases, it may even prevent you from travelling altogether.

The reason for this is simple. Right now, the gender designations on our nation's passports allow Canadians to identify in only one of two ways — as either "male" or "female."

There is currently no gender-neutral identification option on Canadian passports, meaning that when a transgender or gender non-conforming person goes to the airport with a single-gender passport they can and do face uncomfortable questions and sometimes discrimination from airport staff who

are confused by or suspicious of the way they look.

RJ Vandrish, an artist who lives in Toronto, who is gender queer, hasn't left the country since 2011 precisely for this reason. (2011 was when Vandrish transitioned; they use gender-neutral pronouns).

"I don't feel comfortable trying to cross any borders," says Vandrish, "because I don't know how I'm going to read (to airport staff), especially on an international level where gender is perceived differently."

of Policy at the Canadian Human Rights Commission, the passport problem is top of mind for several transgender and gender non-conforming Canadians whom the organization consulted.

"When a person changes their gender they have to go through a challenging process of changing every single one of their IDs, which is time consuming and costly," says Daye. "While they are in the middle of it, they might be carrying ID's with different genders."

In other words, if your



By requiring holders to indicate a gender, passports reveal information that might not be needed. HANDOUT

"Even domestic travel is a little terrifying because I don't know if they're going to let me on the flight or not, because Transport Canada states that I have to look like my sex."

Vandrish's anxiety about this isn't unwarranted.

"I get referred to as 'oh sir-um oh, ma'am' and the person is very confused," they say. "Or I get looks when I use the washroom. Those experiences tell me that I'm not going to have an easy time traveling with a male or female passport."

Vandrish isn't alone either: according to Marcella Daye, Acting Manager

driver's licence says you're male and your passport says you're female, accessing services that require two pieces of government issued ID can be make for awkward and potentially discriminatory results.

Luckily there is an easy solution to this problem — one adopted by seven other nations, including Australia, Bangladesh, Germany and New Zealand; a solution approved by the International Civil Aviation Organization (to which Canada adheres).

It's the called the third gender option: citizens who select it don't have to iden-

tify as male or female — instead, their passports will be marked with an "X".

Unfortunately there is a downside that makes the option unpopular with some.

That downside is the possibility that those who choose the X option will be easily "outed" as transgender or gender queer by airport officials.

Some gender non-conforming people, says Daye, would rather take their chances with a conventional passport than run the risk of outing themselves to the world.

They prefer the conventional passport (imperfect as it is) to the one that would single them out.

But in the absence of a better solution (perhaps in the future, we can remove gender altogether from passports) the X option is the safest and the most fair that we've got. For those concerned about security, passports are full of other ways to confirm identity — from height to a photograph.

"Gender is rarely needed to deliver a service to a person," says Daye. Neither is religion — once common on identification cards and travel documents.

"We used to use race and religion to identify people and we don't anymore," says Daye. It's our hope that gender will come under the same scrutiny."

It's my hope too.

Because when transgender and gender non-conforming people go to the airport, the anxiety inducing question on their minds shouldn't be "what will they say when I flash my passport," but "where the hell did I put it?"

Emma Teitel is a national columnist for the Toronto Star.

Calgarians for BRT is on the right track

KLASZUS' CALGARY

Jeremy Klaszus



After half a year of toxic discourse over bus rapid transit (BRT) in southwest Calgary, it's refreshing to see a new campaign start to change the tone.

It's a welcome approach. And it's succeeded before.

Rather than inserting itself into the shouting match, the Calgarians for BRT campaign is taking a different tack.

"We're trying to re-elevate the conversation back to why this is not only good for the southwest, but for Calgary in general," says co-founder Charlene Wilcox.

The concept is simple.

Identify people who support the project, photograph them holding a sign that says "we support SW BRT," and spread those images far and wide on social media — along with a line or two about why they support the project.

Sound familiar? It's what media-savvy supporters of the cycle tracks did two years ago with the Calgarians for Cycle Tracks campaign.

Making the noisiest argument is not everything, as that campaign demonstrated. Quieter support can be just as powerful, if not more so.

"It visually showed the support for the project," says Wilcox, adding that Calgarians for BRT is intentionally modelled on that previous campaign.

Those cycle track images framed the issue in an entirely different way. They portrayed regular people — parents, students, businesspeople, gay, straight, young, old — smiling and expressing support for biking safely downtown.

It's hard to argue that all

businesses oppose a project when you have images popping up of business owners holding signs that say "we support the cycle track network."

Such an effort was long overdue for the southwest BRT. A group militantly opposed to the project, Ready to Engage, has spent the last six months firing shotgun sprays of mixed messages. With its antagonistic tactics, the group claims to speak on behalf of southwest residents. The truth: many regard it as an embarrassment.

By contrast, Calgarians for BRT has a positive message. The group is neatly sidestepping personal mudslinging and endless debates on minutiae. It's meant to be a display of broad support.

The group is bringing focus back to where it belongs: how better transit benefits a wide cross-section of Calgarians.

Quality transit connects people to jobs and services. It gives more people — particularly those with low incomes — more opportunities. It makes it easier for students to get to their schools.

It makes the city better.

Yet the southwest BRT may be in for a rough go. One of the councillors who was originally supportive of the plan, Diane Colley-Urquhart, has balked after enduring fierce criticism from Ready to Engage (there's an election next year, remember).

The project goes before city council's transportation committee again July 20.

With so much negative noise swirling about, it's good to hear new voices speaking in favour of BRT. Hopefully, councillors are listening.

Jeremy Klaszus is a freelance journalist and stay-at-home dad.

Passports are full of other ways to confirm identity — from height to a photograph

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RIDING TO THE TOP

BARREL RACING Mary Burger, 67, from Pauls Valley, Okla., wins the barrel racing championship for the fourth consecutive day on Monday's Calgary Stampede Rodeo. CANDICE WARD/FOR METRO



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AGENDA

Through showers and sunshine, the show goes on

Krista Sylvester
For Metro | Calgary

Rain or shine is the motto at The Greatest Outdoor Show on Earth and this week it's looking a little more like rain.

This week's weather may have put a bit of a damper on your Stampede agenda but if you plan it accordingly, you can actually maximize your experience, according to Calgary Stampede spokesperson Jennifer Booth.

"We're an outdoor show so we prepare for both sunshine and rain, because sometimes people need a reprieve from both," Booth says, adding that many elements of the Stampede go on no matter what.

"A lot of our shows are staggered so you could catch an indoor show while it's raining and then back outside for an out-



Calgary Stampede goers walk past one of the many puddles that have formed around Stampede Park on Monday. CANDICE WARD FOR METRO

door show while it's sunny. All you need is your weather app and your planner and you can really maximize your time on the grounds."

And what's more fun in the rain than a muddy rodeo?

"The rodeo is actually very exciting and a lot of fun when it

gets a little wet outside. Everyone gets a little mud on their faces and that makes it more exciting," Booth adds.

In fact, the rain just might make it easier to see everything you want to, and with less line-ups for all of those "must-see" attractions on your list.

Calgarian Nicole Leblanc has spent most of the week taking in the sights, sounds and suds of the Stampede and she doesn't plan to stop anytime soon because of a little bit of rain.

"I love going in the rain because there is a lot less people; a few extra beverages and you

+ RIDE ON!

■ Rain is expected Tuesday, Wednesday with a possible break before a rainy weekend.

■ Rodeo, Chuckwagons and Grandstand show are all "rain or shine" events.

■ The Peking Acrobats, International Pavilion and BMO Centre are all inside options.

don't even notice it. The only thing I do different is wear a poncho or garbage bag to help stay a little dry," she says.

Airdrie resident Val Hokanson agrees, saying the best time of her life at the Stampede was this week while it rained on Saturday and she made new friends because of it.

"This is the first time in 31 years of going to the Stampede that I got caught in the rain but it ended up being my favourite time ever. We ran into a Stampede souvenir shop for shelter and made friends with everyone there," Hokanson says.

SHOWCASE

Art show a perfect escape

If you're looking for a reprieve from the weather or simply just love art, the Calgary Stampede Western Showcase is the place to be.

Located in the D and E halls of the BMO Centre at the back of the Marketplace, the art showcase wraps around the wine garden in the Western Oasis making it the perfect escape, according to Western Art Show committee vice-chair DeMaere.

"It's a great space to enjoy some music, some art and really just kick back and relax a little bit with a glass of wine," DeMaere said.

"We're really excited about the mix of styles we have in the space this year and we have everything from traditional to contemporary, bronze and metal work, flat work, photography; there's literally something for everyone."

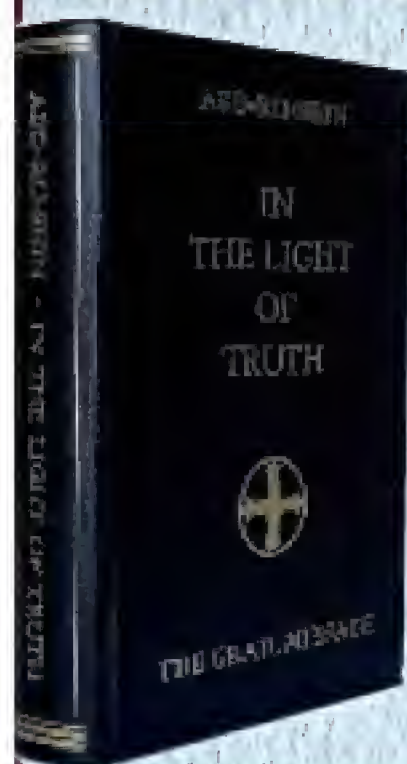
New this year is the Hall of Fame Gallery and the Northern Plains Artists.

KRISTA SYLVESTER/FOR METRO

Why is This Happening to Me?

A Lecture Based on the Work

"IN THE LIGHT OF TRUTH" – The Grail Message



Don't many of us find ourselves asking the above question reflexively, triggered by any number of factors — job loss, ill health, death of loved ones, relationship difficulties and any one of thousands of human heart griefs? Faced with adverse circumstances or conditions we often rebel, wishing the conditions away. But, is there a different question we should be asking? The question that opens us up to the seeds for our inner spiritual development present in all conditions? The question that if we summon the courage to ask, and then, listen, opens up for us pathways to such heights of insights that permit recognition of the gifts being offered us through all conditions and circumstances? A question that allows us in time to see how every condition holds within it the expressions of the love and goodness of the Source of All Life! The speaker will share insights on this practical question derived from his experiences with the work, 'In the Light of Truth', the Grail Message.

DATE: Saturday, July 30, 2016 PLACE/VENUE: Canadian Room, Sheraton Cavalier Calgary Hotel, 2620 32 Ave NE, Calgary, AB
TIME: 1:00pm — 3:00pm PARKING & ADMISSION: FREE

RSVP: Chilenye by Phone: 587-719-0955 or Ebere by Phone: 403-830-4281
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METRO ASKS:

How do you beat the rain?

STEPHANIE JOE/FOR METRO

"I don't care about the rain during Stampede. I just go with the flow."



Jiezen Cau

"I just bring a nice coat. I always feel if you're prepared, it doesn't rain — that's my best logic."



Vanessa Stiffarm, Indian Princess 2016

"Getting picked up by distant friends and going to a house party."



Tom Hick

PHOTOS STEPHANIE JOE/FOR METRO

Blood, sweat and smiles

MUSIC

Showband drums the heartbeat of Stampede

Krista Sylvester
For Metro | Calgary

No rest for the wicked, they say.

But the youth that make up the Calgary Stampede Showband take the "no rest" motto to a whole new level with over 1,000 hours of rehearsals and performances in the months leading up to the Greatest Outdoor Show on Earth.

And it's worth every minute, according to the director of Showband Aaron Park, who couldn't be prouder of his team, who just returned from a Midwest America tour where they won all 12 award categories they were eligible for.



The Calgary Stampede Showband performs daily on the Saddledome steps during the 10 day event. CANDICE WARD/FOR METRO

"Between June 24 when we left for the tour and Sneak-a-Peak they probably rehearsed

over 50 hours including a couple of 12-hour days," Park said. "We literally arrived back the Tuesday before Stampede and they were back rehearsing Wednesday morning and here Thursday to perform for our Stampede guests."

The hard work and determination paid off for the band, who swept the Midwest with their award-winning show In Pursuit, which local fans can watch Tuesday night.

"They know long hours will be required when they audi-

tion and join but they work all year up to this point but this is what they do and they love what they do. They love being able to travel and represent the Stampede and the experiences they create out of it is amazing," Park added.

Twenty-one-year-old Allie Patch, a fifth-year member and Brass Captain says the long days are worth being able to perform at home in front of their friends and family.

"Home shows are always the best shows because everyone supports us so much, especially when we travel abroad and coming back home to perform in front of our friends and family here is just so special," she says.

And this year's Stampede is bittersweet for Patch, who's in her final year with the band that she calls her second family.

"We were all together for over a week on tour and now together every day for Stampede week so we have become best friends and family. It's sad to say goodbye to this family after five years, but it's a good note to end on," Patch adds.

AWARDS CEREMONY

17 farming families recognized

On Monday, BMO Bank of Montreal and the Calgary Stampede recognized 17 southern Alberta families who best represent the values of the family farmer.

The BMO Farm Family Awards were created 20 years ago to promote a renewed urban-rural relationship and focus on recognizing the contribution to the enhancement of quality of life as a family unit.

The Alberta minister of agriculture, Oneil Carlier, attended alongside Bill Gray, president and chairman of the board, Calgary Stampede, and Brown, to congratulate the winners of the 2015 BMO Farm Family Awards.

Each year, the municipal districts in southern Alberta nominate one family. Selected families, who best display the qualities of a Farm Family, are brought to the Stampede for the BMO Farm Family Awards, which includes a reception, greetings from Alberta's Minister of Agriculture, brunch, awards presentation, and family photograph session.

The winning families are then treated to the afternoon Stampede Rodeo. METRO

“Home shows are always the best shows because everyone supports us so much. Allie Patch



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"I think we're venturing into a tricky spot here as white people to be capturing this indigenous culture, but I guess I do believe we are all treaty people and we're sharing the land," she said. "We have to live together and be inclusive and optimistic that we can all be peaceful."



Siblings on the sidelines



Right: Sara Selthofer and daughter Menka sneak away to the playground during one of her brother Alex's games. When youth sports get serious, non-sporty siblings often have to tag along whether they like it or not. CONTRIBUTED

FAMILY LIFE

How parents deal when only one kid is in elite sports

Genna Buck
Metro Canada



For as long as she can remember, many of nine-year-old Menka Stojcevski's summer weekends have been the same. She either sits on the sidelines watching a baseball or golf game, or kills time at a nearby park, sometimes with other non-sporty siblings of

young athletes.

"There was this one like three-hour game of baseball and I was getting really hot. After a while I get bored of watching," she says.

Menka's brother Alex, 12, plays baseball and golf in the summer and rep hockey from August to April. All year long, he has practices and games at least a couple of times per week, more during hockey season, plus weekend tournaments out of town and three-hour-plus drives from their home in Windsor, Ont. to away games.

Alex is in house-league baseball this season, but he's such a strong player that he keeps getting asked to tournaments.

Menka, on the other hand, is more academically inclined.

She likes to read, and has tried out horseback riding, gymnastics, dance and hockey at a recreational level, but nothing requiring anything the type of commitment Alex's sports take.

Their mother, Sara Selthofer, like so many parents, struggles to balance Alex's sports — and the travelling, money and family time they require — with the needs of her other child.

"It's a tough thing," says Katherine Tamminen, a sport psychology professor at York University. "Sometimes siblings do feel neglected."

Elite sports may gobble up time, but they don't have to monopolize parents' attention or "dominate the entire family conversation," Tamminen said.

"Our schedule has basically been around Alex since he was seven," Selthofer says. "It's a daily battle for me. I do feel like I spend a lot more time with Alex. You get caught up in it ... because you're very proud of your athletic child. And Menka's very easygoing and content. (We) almost take advantage of that."

It's painful, because Selthofer loves watching and knows Alex wants both parents cheering him on, but lately they've been splitting up the family more: Her husband Adam takes Alex to his game or practice while Menka and her mom stay home or explore the town they're visiting.

And when she sees Menka fading during a game, they go to the mall, or out for ice cream, or head to the hotel pool.

"I can just tell she's had it," Selthofer says. "For her to sit through three ball games in one day is not fun. It's great if there are other siblings, if she has a friend she can play with. But sometimes that doesn't work out."

+ EXPERT ADVICE

Tips for parents from Dany MacDonald, UPEI sports psychologist

■ Provide choices

Decisions help kids "feel invested," MacDonald says. He suggests letting siblings choose their spirit wear for the game, pick where they'll sit and make up a chant to cheer their brother or sister on.

■ Be realistic

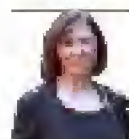
Parents need to remember odds are around 1 in 10,000 that a young player will become a pro athlete — even though 30 to 40 per cent of parents believe their kid has what it takes.

■ Make fun priority one

Above all, parents should remember sports are ultimately about fun, especially for younger kids. Kids get the same social and fitness benefits from sampling many sports as they can from elite-level training in one.

"I'm proud of Alex that he goes through all this hard work in hockey and baseball and all the other sports," Menka says, confessing, at the same time, that she'd usually rather do something other than watch a game.

Over the years, Menka has collected some wisdom about how to make the best of being a sports sibling: "Make sure to plan what you're going to do, and don't be shy to make new friends, because if you don't make new friends it's going to be boring."



JOHANNA SCHNELLER WHAT I'M WATCHING

Ignoring women a tired plot device

THE SHOW: Marcella, Season 1, Episode 8 (Netflix)

THE MOMENT: The doubting boss

British detective constable Marcella Backland (Anna Friel) and her unit think Matthew may be a serial killer, but they can't put the last pieces together. "Why move Grace's body?" asks Marcella's partner Alex (Charlie Covell).

"That's the last thing Henry (Grace's brother) asked me," Marcella says.

"Why did Matthew move Grace's body?" She pauses, thinking. "If Matthew and Henry were like brothers, he would have known about Matthew's back problems. He would have asked how Matthew moved her, not why." Marcella's boss Rav (Ray Panthaki) shuts her down. "We've got all this evidence," he says. "You've got a guy who's saying why instead of how. No. We focus on Matthew only. Understood?"

Um, no, not understood. Rav

knows Marcella is a brilliant cop. For seven episodes, he's seen how right her deductions and instincts are. Yet he's fought her every step of the way, and here, with time running out, he decides to ignore her altogether. Please, TV writers, retire this plot device, which I call the Medium feint. (Remember Medium, where Patricia Arquette always knew who did it, though her boss made her prove herself week after week?) If you have Medium working for you, don't second-guess her.

She's a Medium. Don't create fake drama by not listening to her until it's almost too late. Listen to her! Let her do all the work, while you sit back and collect commendations. And while we're at it, if you're married to I Dream of Jeannie or Bewitched, let her use her powers to house-clean. You'll both be happier.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Marcella Backland is a brilliant cop, but for seven episodes her boss has fought her instincts. It's time to retire this plot device, writes Johanna Schneller. CONTRIBUTED

Goodbye bachelor party benders

EVENT PLANNING

Skydiving and bike tours are replacing strip clubs, casinos

For Jarrett Ehler, the perfect bachelor party was not a night of drunken debauchery. There were no strip clubs, casinos or limousines.

Instead, he and 11 close friends played golf, ate steaks, sipped beers and talked around a campfire during a getaway at Sherwood Golf and Country Club in Chester, N.S., in early June.

"I wanted it to be about having my friends together and having a good time with them," said the 27-year-old Ehler, who is from Prince Edward Island but lives in Toronto.

"I didn't want it to be a typical city event where everyone is going in different directions

and you get so absolutely hammered that you don't even have any meaningful conversations."

Industry experts say Ehler's experience is becoming the new normal. Bachelor parties in Canada are moving away from the traditional night of vice, with many grooms opting instead for experience-based celebrations that run the gamut from beer tasting to bike tours.

Dan Brennan, CEO of the Ottawa-based Breakaway Experiences Inc., said he often caters to the thrill-seeking groom. He said bachelors nowadays are looking for a full-day or weekend-long experience, with some opting to tick boxes off their bucket lists.

"It's often not just about partying in bars and drinking anymore. It's turning into a full experience," said Brennan, adding that his company offers a range of bachelor party experiences including skydiving and stunt car driving.

"More and more, bachelor parties are becoming an event.

“It's often not just about partying in bars and drinking anymore. It's turning into a full experience.”

Dan Brennan, Breakaway Experiences Inc CEO



Friends of Howard An, right, who is getting married in October, exercise before some Axe Throwing action as part of An's bachelor party. EDUARDO LIMA/THE CANADIAN PRESS

They want to do something that they're going to remember — something unique and fun."

Oren Bornstein, owner of the bachelor party planning company Connected Montreal, said many contemporary couples are getting married at an older age than their parents did.

He said those grooms are more likely to crave a weekend away from the daily grind rather than a one-night bender.

"People are getting married later on in life and there's less and less chances for guys and their buddies to go on vacation with just each other," said Born-

stein. "So ironically, it's becoming less about the bachelor and more just about everyone getting together."

But Bornstein conceded he still plans plenty of parties riddled with immoral self-indulgence: "I think at the end of the day, boys will be boys," he

said with a laugh.

Newlywed Matt McGrath wasn't interested in having naked women at his camping stag in coastal Blandford, N.S.

"At the end of the day, I don't live my life like a rap video," said the 31-year-old man with a deep chuckle, adding that his friends planned his party. "(Strippers) don't have any sort of appeal to me. I don't see the entertainment in it and I don't think it's tasteful."

McGrath said he thinks grooms in the 21st century are also becoming more frugal.

"Throwing away your money on visuals — maybe that's not the best way to spend your money or your friend's money when you can grab a couple of beers... and share some stories with the intent of celebrating the life you've created and carved out for yourself," he said.

Ehler agreed, saying he wanted to celebrate his upcoming marriage with his closest friends.

"It's not about a 'last call,'" said Ehler, who is getting married in Digby, N.S., on July 31. "It really is just an opportunity to get everyone together and celebrating the phase of life that you're at." THE CANADIAN PRESS

HEALTH TREND

It's time we embraced the nap

It's overwhelming when it hits, the animalistic urge to take a nap.

It usually happens in the afternoon, when cortisol, the hormone that helps us feel awake, continues to dip to low levels after peaking in the morning and after lunch. But most of the time we don't give in to the urge to nap. That's because to nap is to reveal a weakness, says sleep researcher Sara Mednick with the University of California Riverside. "There's such a feeling of shame and guilt around needing to sleep. It's just not accepted in our culture." But the midday nap, many experts say, can help re-energize us, increase productivity and even stave off heart disease.

Mednick's nap lab is known for having tested well-rested people over the course of a day without napping. She examined their energy level and performance on various memory and creativity tasks. Without napping, they deteriorated throughout the day. She bribed them with money, had them rest with their eyes closed to see if their performance improved, but nothing worked. It wasn't until they napped for 60 minutes in the afternoon that not only their energy surged, but their abil-



Nappers rejoice. Research has found plenty of health benefits associated with siesta. ISTOCK

ity to perform simple creative tasks like word associations increased.

"Compared to people who've been awake all day, people who nap have fewer attention lapses," Mednick says.

A short 20-minute nap, often referred to as a "power nap," is like pressing the reset button for energy, but it won't have the same impact of a longer nap of 60 to 90 minutes, Mednick says.

In longer naps, a person goes through deeper phases of sleep, called slow wave and

rapid eye movement (REM), where the greatest effects will be seen.

Recent studies have shown that napping may be connected to even more dramatic benefits. It has been linked to decreased levels of hypertension, or high blood pressure, according to 2015 research in the Journal of Human Hypertension. In 2007, researchers with the Harvard School of Public Health in Boston found a relationship between midday naps and a decreased prevalence of heart disease.

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Check out the very best Calgary has to offer as chosen by Metro readers like you

We asked our readers to vote and you responded with hundreds of ballots cast for your favourite haunts in Calgary for our Metro Community Choice Awards.

From food to festivals, lingerie shops to auto shops, hair salons to mattress stores, realtors to tattoo artists and so much more — we heard your votes loud and clear and here are the results. While many of your choices have been favourites for decades, there are some awesome

hidden gems we just can't wait to share with other readers. We literally have everything from food to auto to music in here, so please support your local businesses.

The Metro Community Choice Awards gave you the chance to share your love and appreciation for your favourite shops, places, and businesses, and you voted them to the top of the charts. With hundreds of votes, we were excited to see so much local love being passed around.

All of our chosen winners wanted us to pass along their sincere appreciation for voting them best in their industry and they all say "thank you" for your continued loyalty. Each winner also wanted to thank their staff

because they "couldn't do it without a wonderful team."

If you're looking to try something new, check out these winners because they are voted the cream of the crop by you, our loyal readers. Based on your ballots, the winners were grouped into three categories: gold, silver, and bronze. While there was loads of love for many other businesses that didn't make the top three, we unfortunately don't have the space to share them all.

Thank you again for sharing your love and passion for some of the places that make Calgary a great place to live and don't forget to share with your friends and come back and vote next time!



**METRO CALGARY
COMMUNITY
CHOICE**



The votes are in: check out this year's winners and favourites

Automotive

Best Auto Collision Company

A-1 Auto Body ^{*WINNER}
Carstar Collision Service
Concours Collision

Best Auto Service Centre

Allmakes Auto Repairs ^{*WINNER}
Konig Motors
Mike's Auto Service

Best Car Wash

Calgary Co-Op ^{*WINNER}
Clearwash Calgary
Bubbles

Best Domestic Car Dealership

Woodridge Ford Lincoln ^{*WINNER}
Renfrew Chrysler
Big 4 Motors Ltd.

Best Import Car Dealership

Stampede Toyota Scion ^{*WINNER}
North Hill Mazda
Village Honda

Best Power Sports Dealer

Blackfoot Motosports ^{*WINNER}
Kane's Harley Davidson
GW Cycle World

Best RV Dealership

Woody's RV ^{*WINNER}
Canadream RV Sales & Rentals
Guarantee RV
Canadian Leisure RV

Best Tire Shop

Country Tire Automotive ^{*WINNER}
Poorboy Tire
Blaskin & Lane

Best Used Car Dealership

House of Cars Calgary ^{*WINNER}
Konig Motors
North Hill Mazda

Business or Service

Best Bank / Credit Union

TD Canada Trust ^{*WINNER}
Alberta Treasury Branch
Royal Bank of Canada

Best Barber Shop

Chin Whiskey Shearing & Shaving ^{*WINNER}
Razor's Edge Barber Shop
South Trail Crossing Barbershop

Best Catering Company

Butterfan Catering ^{*WINNER}
An Affair To Remember

Great Events Catering

Best Charity / Non-Profit Organization

AARCs Alberta Animal Rescue Crew ^{*WINNER}
United Way
Animal Rescue Foundation (Calgary)

Best Dance Studio

Decidedly Jazz Danceworks ^{*WINNER}
Pulse Studio
Summit School Of Dance

Best Dog Daycare

Chasin' Tails ^{*WINNER}
BowDog Canine Specialists
Dogma Training and Pet Services

Best Fitness Club / Health Club

Goodlife Fitness ^{*WINNER}
YMCA
World Health Club

Best Florist

Red Rose Florist ^{*WINNER}
Kensington Florist
Willow Park Florists

Best Hair Restoration

"Hair Rejuvenation Institute Of Calgary
(now known as Hair Restoration Institute at
Sante Medical)" ^{*WINNER}
Hair Restoration Services

Hair Club Calgary

Best Hair Salon

Red Bloom Salon ^{*WINNER}
Swizzlesticks Salon & Spa
Hedkandi Salon

Best Massage Clinic

Sante Spa at Hotel Le Germain ^{*WINNER}
Oasis Wellness Centre & Spa
Spa Ritual

Best Optical Store

Optiko Eyewear Ltd. ^{*WINNER}
Hakim Optical
Calgary Optometry Centre

Best Pet Groomer

A Royal Touch Pooch Parlour ^{*WINNER}
The Calm Cat
Muttley Crue

Best Photographer

Forever Reflections Pet Photography ^{*WINNER}
FB Photography
Marsha Pizarro Photography

Best Post-Secondary Education Institution

University Of Calgary ^{*WINNER}
SAIT Polytechnic
Mount Royal University



Best Spa / Esthetic Services

Sante Spa at Hotel Le Germain ^{*WINNER}
Spa Ritual
Stillwater Spa

Best Tattoo Studio

Immaculate Concept ^{*WINNER}
Smiling Budha
Bushido Tattoo

Best Veterinary Clinic

Vets To Go ^{*WINNER}
Fish Creek 24 Hour Pet Hospital
Dekens Housecall Veterinary Services

Best Yoga Studio

Bodhi Tree Yoga Centre ^{*WINNER}
Breathe Hot Yoga
Hotshop Yoga and Spin

Entertainment

Best Casino

Grey Eagle Casino ^{*WINNER}
Century Downs Racetrack and Casino
Deerfoot Inn & Casino

Best Family Fun Spot

Calgary Zoo ^{*WINNER}
Telus Spark Science Centre



Calaway Park

Best Festival

Calgary Folk Fest ^{*WINNER}
Calgary Pride Festival

Calgary Stampede

Best Golf Course

Heritage Pointe Golf Course ^{*WINNER}
Valley Ridge Golf Club

Redwood Meadows Golf & Country Club
The Links Of Gleneagles

Best Live Music Venue

Ironwood Stage & Grill ^{*WINNER}
The Hifi Club
The Blues Can
Grey Eagle Casino

Best Live Theatre

Theatre Calgary ^{*WINNER}
Alberta Theater Projects
Vertigo Theatre

Best Local Tourist Attraction

Calgary Stampede ^{*WINNER}
Calgary Zoo
Heritage Park

Best Night Club

Habitat ^{*WINNER}
Twisted Element
Commonwealth Bar & Stage

Food & Drink

Best Asian Restaurant

Silver Dragon ^{*WINNER}
White Elephant Cuisine
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Cobs Bread
Sidewalk Citizen Bakery

Best BBQ Restaurant

Charcut Roast House ^{*WINNER}
Bookers
Holy Smoke BBQ

Best Breakfast Spot

Blue Star Diner ^{*WINNER}
Diner Deluxe
Red's Diner
Cora's

Best Brew Pub / Beer Market

Craft Beer Market ^{*WINNER}
National Beer Hall
Last Best Brewing & Distilling

Best Brunch

Blue Star Diner ^{*WINNER}
Diner Deluxe
Oeb

Best Coffee Shop

Higher Ground ^{*WINNER}
Analog Coffee
Phil & Sebastian Coffee Roasters

Best Dessert

Village Ice Cream ^{*WINNER}
Crave Cookies & Cupcakes
Fiasco Gelato

Best Food Truck

Perogy Boyz ^{*WINNER}
Waffles N Chix

Sticky Ricky's

Best French Restaurant

Rouge ^{*WINNER}
Parc Café and Brasserie
Avec Bistro

Best Greek Restaurant

Broken Plate ^{*WINNER}
Santorini Greek Taverna
Spiros Pizza

Best Grocery Store

Calgary Co-Op ^{*WINNER}
Community Natural Foods
Sunterra Market

Best Hamburger

Boogie's Burgers ^{*WINNER}
Five Guys Burgers & Fries
Peter's Drive-In

Best Ice Cream / Gelato / Frozen Yogurt Store

Village Ice Cream ^{*WINNER}
Fiasco Gelato
My Favorite Ice Cream Shoppe

Best Indian Restaurant

Karma Fine Indian Cuisine ^{*WINNER}
Moti Mahal
Mango Shiva

Best Italian Restaurant

Cibo Calgary ^{*WINNER}
Bonterra Trattoria
Spolumbos

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Salt and Pepper
Bolero

Best Liquor Store

Calgary Co-Op ^{*WINNER}
Oak and Vine
Willow Park Wines & Spirits

Best Natural Food Store

Community Natural Foods ^{*WINNER}
Sunterra Market
Planet Organic

Best Outdoor Patio

Ship & Anchor ^{*WINNER}
National (on 17th)
Bonterra Trattoria

Best Overall Restaurant

The Nash ^{*WINNER}
Ox & Angela
Pigeonhole
Una Pizza & Wine

Best Pizza

Una Pizza & Wine ^{*WINNER}
Pulcinella
Without Papers

Best Pub

Ship & Anchor ^{*WINNER}
Original Joe's
Hose and Hound Neighbourhood Pub

Best Seafood Restaurant

Catch ^{*WINNER}
Pelican Pier
Joey's Seafood Restaurant

Best Steak Restaurant / Chophouse

Vintage Chophouse ^{*WINNER}
Caesar's Steak House
Charcut Roast House

Best Sushi Restaurant

Kinjo Sushi ^{*WINNER}
Globefish
Sushi Bar Zipang

Best Wine Store

Kensington Wine Market ^{*WINNER}

Calgary Co-Op
Willow Park Wines & Spirits

Best Wings

Hose and Hound Neighbourhood Pub ^{*WINNER}
Regal Beagle
Mug Shots

Home & Condo

Best Appliance Store

Trail Appliances ^{*WINNER}
Coast Wholesales Appliances
Home Depot

Best Established Community

Inglewood ^{*WINNER}
McKenzie Towne
Mission

Best Flooring Store

Century Carpet One ^{*WINNER}
Nu-Way Floor Fashions
Alberta Hardwood Flooring

Best Furniture Store

Ikea ^{*WINNER}
Revolve Furnishings
La-Z-Boy Home Furnishings & Décor

Best Lighting Store

Cartwright Lighting ^{*WINNER}
Carrington Lighting
Home Depot

Best Mattress Store

Sleep Boutique ^{*WINNER}
Simmons Mattress Gallery
Sleep Country

Best Moving Company

Super Duper Movers ^{*WINNER}
Two Small Men With Big Hearts
Highland Moving & Storage

Best New Community

Mahogany ^{*WINNER}
Auburn Bay
Evanston

Best New Condominium Builder

Truman Homes ^{*WINNER}



Cardel Lifestyles
Homes by Avi Urban
Jayman

Best New Home Builder

Jayman Homes ^{*WINNER}
Morrison Homes
Brookfield Homes
Shane Homes Ltd

Best Realtor

Christine Hourd - Royal LePage
Benchmark ^{*WINNER}
Jordy Huntrods - Royal LePage Solutions
Shawn Riley - Re/Max House of Real Estate

Best Roofing Company

Big Top Roofing and Exteriors ^{*WINNER}
Meerkat Roofing
A. Clark Roofing & Siding

Best Windows & Doors Store

Glenow Windows & Doors ^{*WINNER}
Ply Gem Windows & Doors
Lux Window & Glass Ltd

Shopping

Best Bicycle Shop

Bow Cycle ^{*WINNER}
Ridley's Cycle
The Cyclepath

Best Bridal Shop

Cameo & Cufflinks ^{*WINNER}
Durand Bridal
The Bridal Centre

Best Children's Clothing Store

Once Upon A Child ^{*WINNER}
The Childrens Place
Real Canadian Superstore

Best Consignment Store

Curated Consignment ^{*WINNER}
Vespucci
Trend Fashions
Danielle's Consignment Boutique

Best Gardening Centre

Sunnyside ^{*WINNER}
Golden Acre Garden Centre

Spruce It Up

Best Hobby Store

Michael's ^{*WINNER}
Don's Hobby Shop
PM Hobbycraft

Best Jewellery Store

J. Vair Anderson ^{*WINNER}
Tiffany's
Troy Shoppe Jewellers
Calgary Jewellery

Best Lingerie Shop

Bratopia ^{*WINNER}
Knickers N Lace
Victoria's Secret

Best Men's Clothing Store

Harry Rosen Men's Wear ^{*WINNER}
Brooklyn Clothing Co.
O'Connors

Best Music Store

Guitarworks ^{*WINNER}
Long & McQuade
Axe Music

Best Pet Shop

Pisces Pet Store ^{*WINNER}
Unleashed
Pet Planet

Best Shoe Store

Gravity Pope ^{*WINNER}
John Fluevog
The Shoe Company

Best Sporting Goods Store

Mountain Equipment Co-op ^{*WINNER}
Bass Pro Shops
Wholesale Sports Outdoor Outfitters

Best Toy Store

Castle Toys ^{*WINNER}
Toys R Us
The Discovery Hut

Best Women's Clothing Store

H & M ^{*WINNER}
Espy Experience Inc.
Aritzia
Blame Betty

Lingerie shop keeps it real with styles for everyone

Necessity is the mother of invention and in Colette Hamon's case, it's the reason she launched her first of two BraTopia stores, which won the Community Choice award for Best Lingerie in Calgary.

After her second pregnancy in 2010, she was trying to get back into a healthier shape, but found that she could not find adequate support in a sports bra to fit her larger cup size. She searched for a specialty lingerie shop in Calgary that would carry the bra she needed, but found they focused primarily on luxury wear and they were extremely expensive. She did not want to break the bank for a simple sports bra that actually fit. She knew she'd found a way to offer a unique, but lower priced selection of lingerie when she went on-line and found that there were bras under \$100 available in a variety of styles and sizes and then attended a lingerie trade show in Las Vegas to connect with suppliers. Her retail venture was born.

There are a number of qualities which make BraTopia stand out from the competition. It's a full service store where staff are trained to get women into the right size of brassiere, and



CONTRIBUTED

then offer different styles, colours, and price points within that size. Their range of prices make it accessible for everyone, regardless their budget. And Calgary's females are taking notice.

BraTopia's advertising approach reflects

their 'every woman is beautiful' attitude. "One of the things that exploded my business is the use of real, everyday women in our campaigns. We use our customers, random strangers and/or a specific sport (figure skaters, synchronized swimmers, etc.)," says Hamon.

"Our customers love our unique campaigns, as they never know which locations or models we will use next." She says the fact that they use body types that her customers can relate to has helped create a lot of positive buzz for them.



Swimwear that suits your shape

Who wants to show up at the beach with the wrong size of bikini top? BraTopia carries swimwear in more sizes than anyone else.

Because you're wearing it in public, proper fit can make or break a look. Hamon helps larger women who end up spilling over the top, and petite women who were previously limited to bandeau or triangle styles. Women can choose the proper cup size from the brands BraTopia carries and matching bottoms separately.

And for one-piece, having the proper fitting cup means that the material will be used for exactly what it was meant for — covering your torso.

From petite to plus, 300 sizes have you covered

Finding the right fit in a bra can change your life, literally. And, sadly, most women are in the wrong size. BraTopia owner Colette Hamon stresses the importance of having a professional fit you for the proper bra size, and adds that the average department store only carries 16 bra sizes and makes it their goal to fit you into them.

BraTopia carries over 300 sizes, from petite to plus sizes and Hamon says they never know what's coming through the door. "We could be fitting a 28A one minute and the next, a 46J."

And just because you were told once that you were a particular size, don't make the mistake to assume that is the size you will stay for the rest of your life. "We convert people, all day every day, no matter what age they are," and people are amazed when it happens. BraTopia sees the mental shift when a woman tells them her size and then finds out that they have a bigger cup size. Simply put — small breasts are not an A or B cup. "Women will tell us that they're an A and we give them a visual that a slim man is an A cup." The most

**WE COULD BE FITTING
A 28A ONE MINUTE
AND THE NEXT, A 46J**

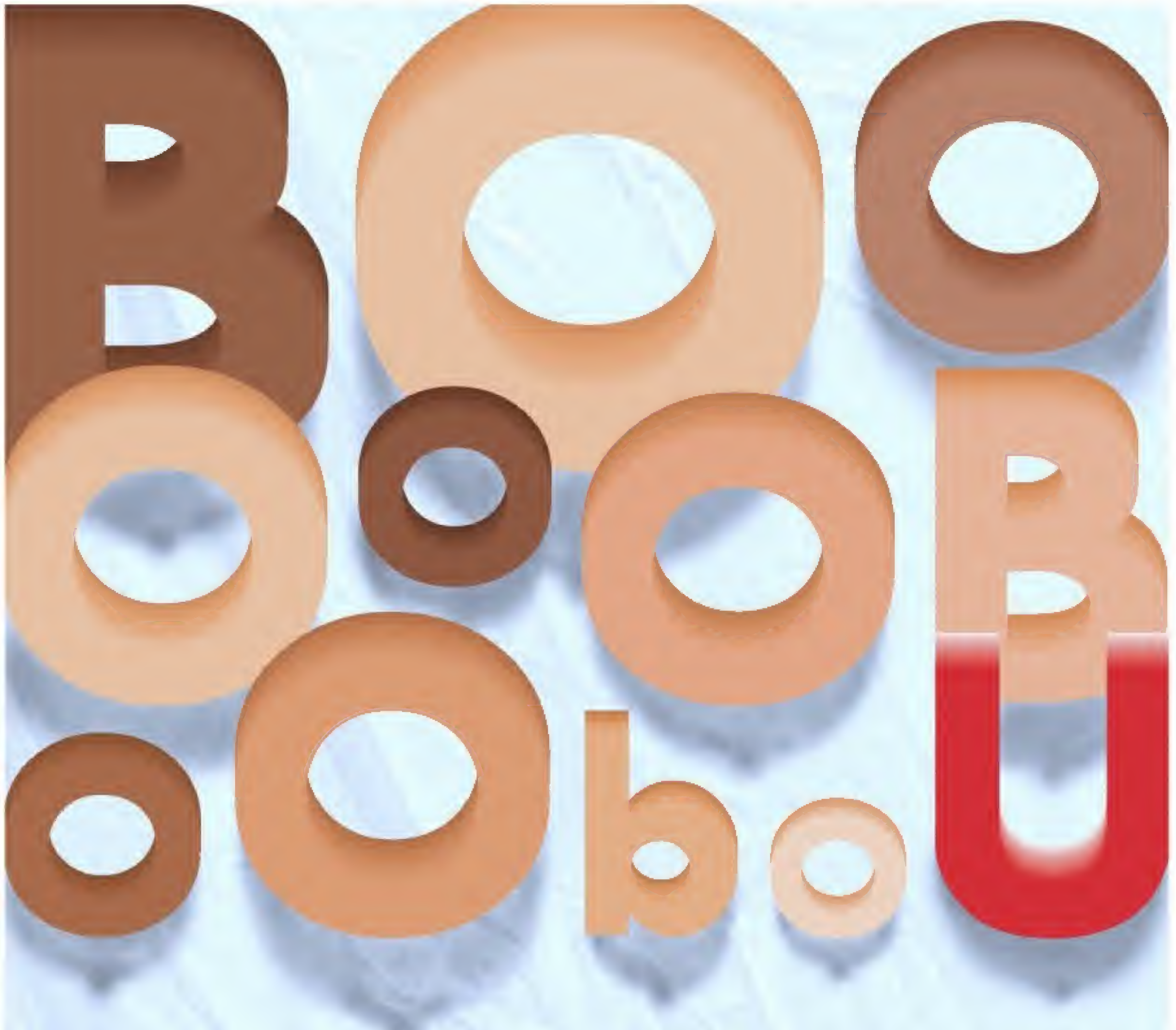
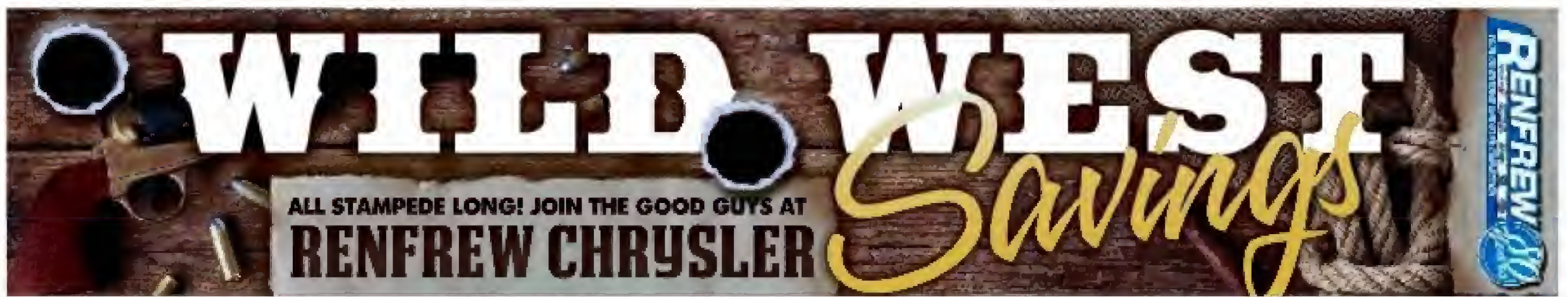
— Colette Hamon,
BraTopia owner

common size they fit women into and sell is a 28DD, which for a woman thinking she was a small cup size is a huge difference, especially mentally. "For some of them, because that bra has never hugged their body, for the first time in their lives, they get cleavage. We're not using push-up products or cutlets or inserts — it's just the proper fit."

For busty women, the proper size bra will give them support and make them "look 15 or 20 pounds lighter because all that breast is in the right spot," says Hamon, plus the added benefit of taking pressure off your shoulders, back and neck, and the right bra changes how your clothes fit.



CONTRIBUTED



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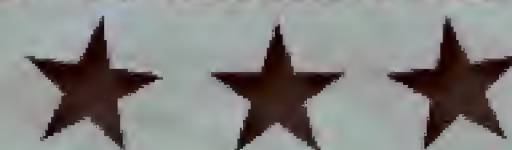
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COMMUNITY CHOICE AWARDS

Realtor earns trust in a downturn

It's no secret that the housing market is affected by Alberta's current economic climate and that's why it's more important than ever to build a strong relationship with your realtor.

While home sales in the city have slowed, many experts say this is the perfect time to buy a new home while interest rates are historically low and there is a lot of selection. But it starts with the right realtor.

Royal LePage Realtor® Christine Hourd, who was voted Metro Calgary's Community Choice Best Realtor 2016, says it's times like these that people turn to the real estate agents they trust most.

"People need to be assured that they are protected, they're understood and there is some sign of compassion," Hourd says. "They need to witness value in their representation and feel confident in their decision that they have picked the right realtor. In the end, they need to know that their realtor came through for them, had their back and did the job they set out to do."

Hourd says it's tough when people lose their jobs and in turn cut back and realign their spending so it makes trusting your business connections even more important.

"When you build great relationships, there is that wonderful, unconditional support derived from these relationships to help people and businesses get through the tough times. When the economy is down, you can't

afford to be taken advantage of or spend frivolously, so trust and accountability become the forefront of the way to conduct business," she adds.

Besides, buying or selling a home should always be a positive experience - even in a downturn - and Hourd makes her clients her number one priority.

"I believe in creating good relationships and I feel I have a moral obligation to protect that person's interests. For my clients to know that I've listened to what they need and followed through with the best possible results cultivates that trust and accountability needed to be successful."

Christine Hourd is a Calgary Realtor with her ABR®, ePro®, CCS®, SRS®, CNE® and was voted Metro Calgary's Community Choice Best Realtor 2016.

**WHEN THE ECONOMY IS DOWN,
YOU CAN'T AFFORD TO BE
TAKEN ADVANTAGE OF
OR SPEND FRIVOLOUSLY,
SO TRUST AND ACCOUNTABILITY
BECOME THE FOREFRONT
OF THE WAY
TO CONDUCT BUSINESS**

- Realtor Christine Hourd



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REALTOR®

CHRISTINE HOURD

"I'm fortunate to help many wonderful people with their homes and you've humbled me with your support. Thank you!"

Working with my clients and seeing how happy they are to walk through the door of their new home, or sticking on that sold sign, makes my job so very rewarding. I look forward to helping many more people with their next move."

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110-7220 Fisher Street, Calgary, AB, T2H 2H8

INDEPENDENTLY OWNED AND OPERATED

Put the bite on the best burgers from vegan to jerk

Beef, chicken, vegan and vegetarian options that fit any taste are the tip of the ice-burger when it comes to Boogie's Burgers — and there is so much more.

Boogie's Burgers was chosen as this year's Best Hamburger in the city by Metro readers and it's easy to see why with a variety of options to fit any taste and it's more than just burgers, according to co-owner Kipp Tegtmeyer.

"Our homemade sauces range from our classic red and mushroom sauces, to our spicy BBQ, Boog Mak, and Jamaican Jerk. Toppings are just as varied, traditional toppings are here but you can throw some unique additions on and we also have 100 per cent all beef dogs and mac n' cheese wedges to name a few — the options are endless."

As much as Boogies' is known for its burgers, fun shakes are a hallmark of the menu, too.

"Our popular mini doughnut shakes are



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coming back for Stampede, and the menu is filled with fruit, cookie, syrup and even spicy options that could keep shake lovers coming back for months without having the same one twice."

The restaurant is full of retro video games, music and super friendly staff that turn first-time customers into regulars.

"We really believe that burgers are something people associate with a good time hanging out with friends and family," Tegtmeyer adds.

Rediscover the bliss of glowing skin

As the temperature heats up so does the need to rejuvenate your skin.

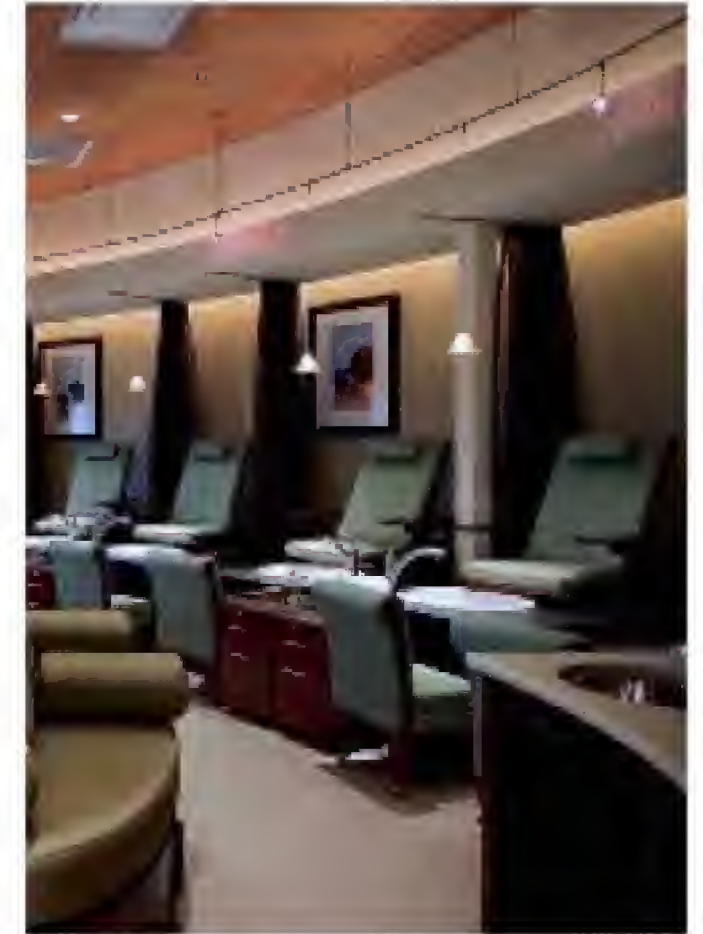
A facial provides so many health benefits including moisturizing and hydrating the skin to leave it feeling fresher than ever after a long winter, according to marketing director Christina Arthur Dick.

"While a facial treatment is often chosen as a relaxing and enjoyable experience, there are also many health benefits and better skin is one of them," she says. "There are both emotional and physical benefits such as increased circulation, better skin, anti-aging and cleansing powers."

Whether it's a treat for yourself or a ladies spa day with friends, there are many other treatments Santé Spa has to offer, including massage, manicures, and pedicures.

"Our luxurious Santé Spa facial treatments will prepare your skin for the dry weather and hot sun and of course, if you suffered a sun burn it can help that as well. It's a delightful antidote to the hotter summer weather. Our results-oriented treatments tailored to your individual needs will help you redefine yourself, while evoking your inner glow, beauty and vibrancy."

Santé Spa, which was voted by Metro readers as Best Spa/Esthetic Services, is a



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boutique spa located at the top of the Hotel Le Germain in Downtown Calgary, offering rejuvenating spa treatments and advanced skincare.

For more information, please visit germain.santespa.com.



THANKS CALGARY!
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Santé Spa
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This daycare has everything your pooch could want

As a dog daycare that treats its clients like gold and gives back to the community, it's no wonder so many people chose Chasin' Tails for their loyal companions.

Owned and operated by a certified canine behaviorist, Chasin' Tails was chosen as Best Dog Daycare by Metro readers and canine clients would agree.

"Our facility offers training, grooming, boarding, daycare and veterinarian services that focus on creating a calm and relaxing social environment. All breeds are welcome, as well as intact as we now have private

boarding as well," says Chasin' Tails general manager Ashley Barton.

"Whether you're busy working and don't want to leave your dog home alone, or just want them to get some social time with other dogs, Chasin' Tails can offer all the recreation they need in our convenient, state-of-the-art Calgary dog daycare."

And there is more than just dog daycare available for clients of Chasin' Tails as they also offer, boarding, training and grooming as well as nutrition and continuing education. The 6,000 square foot outdoor play-

ground includes sprinklers and a kiddie pool for the dogs to play in.

"Our passion for continuing education provides your pet with the most up-to-date, well-rounded approach to the care of canines. Besides our canine behaviorist, we also have two certified dog trainers, a canine nutritionist, a pet first-aid instructor on staff and veterinarians on staff with a ABVMA approved office on site."

One of the reasons so many clients trust Chasin' Tails with their furry companions is the business's dedication to various com-

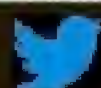
munity events supporting local organizations and dog rescue.

The centrally located dog daycare was recently expanded to offer private boarding for dogs who like their own space and soon Chasin' Tails will have its very own on-site animal hospital, which is currently under construction.

"One of our most popular features is our sky box, which offers our clients a viewing platform with a birds-eye perspective where they can see all of the dogs play and interact," Barton adds.



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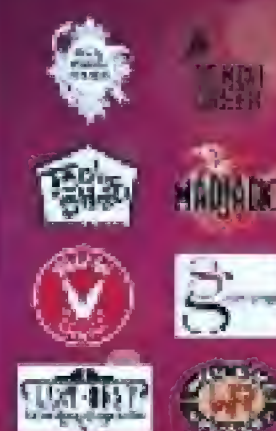


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Before your shelter from the storm takes a hit, read this

Hail storm season is underway and there's a reason why Albertans turn to Big Top Roofing & Exteriors for hail inspections and repair services.

Metro readers have voted Big Top Roofing & Exteriors the Best Roofing company in Calgary.

"Hail season is here again and we want to provide Albertans with comprehensive information and services before and after the storm so that they can properly protect their most valuable investment, their homes," general manager David Bellingham says.

Since 2005, the frequency of hail storms in Alberta has increased significantly and as the weather heats up so does the potential for damaging hail storms, which is why Bellingham has some tips for homeowners.

"Making sure you understand your insurance policy is critical toward protecting your home. You should know what your policy covers and doesn't cover," he

says.

If your home is hit by a hailstorm, your first instinct may be to call your insurance company, but Bellingham says depending on the severity of the hail storm a qualified, independent third-party construction company could inspect your home first to help prevent any possible rate increases.

"It is imperative to have a qualified third party inspect your property. Our firm has Insurance Industry Certified Inspectors on staff ready to inspect homes for hail damages. Our firm works with all insurance companies to assure all damages are firstly qualified and then quantified. From this inspection we provide a Property Damage Estimate (PDE) which is the estimate that reflects what materials are damaged from a storm and what will be covered for repairs."

"When looking for a construction company or third party to inspect your home and repair the damages it is very important to do your research. It's not hard to get



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BBB accreditation or an ad on Home Stars, so neither of these would guarantee the work would be done correctly," Bellingham adds. You should make sure the company you choose is certified to inspect and part of an Alberta Construction Association.

[Learn more](#)

For more information about insurance claims and hail damage, visit gothail.ca.

A hail storm has hit your area. It is vital that you have your home inspected and repaired by an accredited and reputable company.

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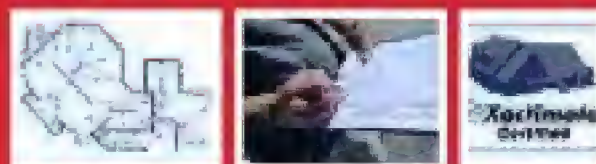
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Steakhouse sizzles from prime beef to live music

Calgarians love their steak and Metro readers love their Vintage Chophouse steak in particular.

Serving the finest cuts of meat for over a decade, Vintage Chophouse & Tavern's reputation is anchored in its extensive and exceptional meat program and Metro readers have taken notice, voting the chophouse as Best Restaurant/Steakhouse this year.

"We opened our doors in 2003, Vintage really is unique in so many different ways, from live music on the weekends to using Canada prime as the principle grade for our beef program. We are proud to source as much local product as we are able to, supporting local farmers and producers such as Brant Lake, Pine Haven Farms, Gull Valley and White Gold," Holly Williams, operations manager for Vintage Group says.

Nestled in the heart of Calgary's historic beltline neighbourhood of Victoria Park, Vintage Chophouse & Tavern has been consistently rated one of Calgary's best steakhouses for the past decade, and is one of only two

restaurants in the city to receive the Birks Silver Spoon award twice. Vintage Chophouse has also achieved the Wine Spectator Best of Award of Excellence for six years running.

"The live music program is extremely popular and we have local Alberta artists play blues, jazz, funk and soul every Friday and Saturday night with no cover charge. It's something we are proud to offer."

With a wine list that includes over 800 wines, there is something for everyone at Vintage Chophouse.

"We are very proud of our beef program as we serve Canada prime, which is the top 1 per cent of beef available on the Canadian market. But we also can cater to dietary restrictions including vegetarians and those with celiac disease, as well as a multitude of other dietary restrictions," Williams adds.

The menu also yields a sumptuous selection of seafood, salads and signature sides.

Of course like all successful restaurants, it is recommended that people make reservations but if not, don't fret as the policy is to



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never turn anyone away for dinner.

"The tavern does not take reservations on Fridays, so we always have a table available

or we will find a way to make it happen."

To make an online reservation, please visit vintagechophouse.com

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Choose the best of lake living for a perfect lifestyle

With its unparalleled sense of community, 63-acre lake and inspiring design, it's no wonder Mahogany has been chosen as Calgary's Community of the Year not once, not twice, but three times.

Mahogany has also been named Canada's Community of the Year by the Canadian Home Builder's Association for a variety of reasons, according to Hopewell Residential marketing manager Nicole McLaws.

"Mahogany has long been Calgary's favourite new lake community and it's the best-selling new community in Calgary," she says.

For Hopewell, Calgary's Five-Time Developer of the Year and also chosen as Metro's "Best Developer," it was only natural to create the community that is destined to become a true legend in the hearts of Calgarians.

"We pride ourselves on creating the spaces and places where people want to live. And our passion really shines through in Mahogany — every part of this community is designed to withstand the test of time."

With Calgary's largest lake and beach-

front, a 22,000 square foot residents' Beach Club, 74 acres of naturalized wetlands, established playgrounds and parks, a new school under construction now, and multiple new retailers set to open early in 2017, there are dozens of reasons to choose the community to call home.

"Parks and pathways, beautiful landscaping, water features and more, lend a sense of upscale neighbourliness to the community. Every piece of the community, from the beachfront, to pathways, to the home styles and amenities, has been carefully considered from concept to fruition, in order to offer the best of lake living to Mahogany residents."

Mahogany offers something for everyone from condos, to townhomes, to duplex homes, laned homes, attached-garage homes, estate homes, custom lakefront homes and spectacular island estate homes on Mahogany's exclusive private islands. Prices range from the \$200s to \$1.4 million.

"Envisioned as a complete community where urban living is redefined to match the



Mahogany's beach club. CONTRIBUTED

definition of the perfect lifestyle, Mahogany really is unlike any other place in Calgary and that's exactly what attracts new homebuyers, every day," McLaws adds.

Hopewell also offers its brand new Chalet townhomes in its established southeast community of Copperfield, and has a selection

of quick-possession front-attached garage homes available in its nearly complete Airdrie community of Heron Pointe.

Visit hopewellresidential.com for show home directions and more information.



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WHY BUY NEW WHEN YOU CAN VISIT HOUSE OF CARS

It's a commonly known fact that people take a huge loss when buying a brand new vehicle but not many people know by how much.

In fact, new vehicles depreciate in value by as much as 11 per cent as soon as they drive off the lot, and by another 10 per cent by the end of the first year, according to House of Cars Inc. director of marketing Katherine Maslak, who says customers can get practically brand new vehicles without the depreciation at the popular used car dealership.

"Why 'buy new' when you can buy nearly new pre-owned? We're currently carrying a variety of 2016 makes and models and luckily for our customers, these won't depreciate in value right after driving them off the lot," she says.

"We offer warranty and full mechanical fitness inspections and we also have financing — just as franchise dealerships do. It's a no-brainer if you ask me."

But that's not the only reason people are turning to House of Cars Inc. to buy their vehicles as the business was voted Best Used Car Dealership in Calgary by Metro readers.

Maslak says they cater to every car buyer and all types of credit — good or bad — while helping customers with credit and financial issues get the vehicle of their choice.

"We can work out a plan that works for each individual to keep payments as low as possible for them, based on what the banks will allow us to do. We also can offer advice to people on what steps to take to rebuild their credit."

House of Cars Inc. is also known for giving back to the community, including its Backpacks for the Homeless efforts and its Children's Miracle Network Poker Tournament Sponsorship and Spin 4 Kids partnership with Goodlife Fitness, to list a few.

Their \$500 Referral Program is a huge hit too because when customers refer a friend to any House Of Cars Inc. location, they receive \$500 in cash with the purchase of the vehicle.

Their three Calgary dealerships are located off Macleod Trail, Barlow Trail and the Chinook LRT station, with a 4th location in Medicine Hat. For more information please visit houseofcarscalgary.com.

HOUSE OF CARS

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House Of Cars Inc. would like to thank you for voting us as **Calgary's #1 Used Car Dealership of 2016!** Here's to another year of helping our clients get through this economic downturn by getting them into vehicles they want at prices they can afford!

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The artists, experience to be best

Known as one of the largest shops in Calgary while also being leaders in sterilization, Immaculate Concept was voted by Metro readers as Best Tattoo Shop in the city.

The honours come as Immaculate Concept is celebrating its 20th anniversary of being a favourite in the local tattoo scene and for good reason, according to owner Steve Peace, who is proud his staff for the Metro recognition.

"Immaculate Concept has some of the best artists in the city to fulfill all your tattoo needs. And we literally have every style of artist you can think of," Peace says, adding he currently has 12 artists on staff as well as a piercer.

"We have always had pride in maintaining the upmost in sterile and sanitary conditions for all procedures and all artists have completed blood borne pathogens training for added safety. We supply the equipment and we research what is the best and that's what we use."

As it's been around for two decades now, some of Immaculate Concept's artists have been in the business for just as long.

"We have a lot of passionate people on staff with a lot of experience in the business. Even our junior artists who has been tattooing for two years has progressed immensely and we only hire ambitious and fun people with a



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passion for the art."

The artists at Immaculate Concept tend to take on just one client a day while devoting their time to making it the best possible design and tattoo for each client.

Peace says each artist has its own style including oriental, realistic, pin ups, grey wash, headshots, black work, native tribal and more.

"I'm really proud of our artists and what

we can accomplish in a sitting here."

For more information or to book an appointment please visit yyc.tattoo.com. Immaculate Concept is open seven days a week for tattoos and five days a week for piercings.

TATTOO CONVENTION BIGGER THAN EVER

Expected to be bigger and better than ever, the Calgary Tattoo and Arts Festival is back this October.

Show organizer and Immaculate Concept owner Steve Peace says this year brings over 400 of the best local, national and international artists across the world right here to Calgary under one roof.

"I'm really excited about this year because we have some of the artists we have been chasing for a long time. They have all heard about the show and know how awesome and busy it is but their schedules didn't work until now," Peace says.

Among the artists coming this year include the crew from the popular television competition Ink Master.

This year there will also be an international tattoo competition pitting Team Canada, Team United States, Team UK/Europe and Team Australia/New Zealand against one another for daily cash prizes.



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"It's going to be a friendly and fun competition putting some of the best against the best and see who wins the most points," Peace adds.

There is something for everyone at the festival, whether people are inked already or not, and many people attend just to people watch.

And while many artists are booked for tattoos in advance, some accept walk-ups at the show.

"There are a lot of interesting people walking through those doors so people love just hanging out but a lot of people also come to get tattooed or research for the next tattoo. We have set the talent bar high for our artists at the show and it's literally the cream of the crop of tattooists from around the world."

The Calgary Tattoo and Arts Festival also features entertainment and vendors and takes place at the BMO Centre at the Stampede Park.

The festival runs from October 14 to October 16. For more information please visit albertatattooshows.com.

Tattoo do and don't

There are probably hundreds of do's and don'ts when it comes to tattoos but Immaculate Concept owner and artist Steve Peace has two in particular to remember

Firstly, **DO** get tattooed in a shop that has a business licence.

"I think it's important for people to choose a storefront tattoo shop with a business licence as opposed to a home shop that might not have the right protocols in place. You don't know if they are following safety procedures because a lot of those places can fly under the radar."

And **DON'T** choose your tattoo artist because it's the cheapest hourly price.

"A lot of the time people will choose a cheap hourly rate, but the artist is new and might takes three times as long as a more experience artist and it'll end up costing more. It's good to have a consultation and go from there."

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SWIZZLESTICKS STIRS UP APPROVAL

How do you stand out in as competitive a business as a salon/spa? Locally-owned SwizzleSticks has it figured out — 30 years and going strong — and named Calgary's favorite hair salon/spa in Metro's recent Community Choice Awards.

For SwizzleSticks owner Brianna Hallet, there are many reasons for the award-winning salon's popularity, including a professional and friendly vibe, and environmental efforts to be a responsible and 'green' citizen. But the key factor is the salon's cutting academy, according to Hallet — an apprenticeship teaching program for already-licensed stylists to hone their craft and learn precision/classic men's and women's hair cutting techniques, before moving to the main salon floor.

"Especially in this economic downturn, affordable prices at the cutting academy are a valuable feature to customers," Hallet said. "Clients know and appreciate that they'll always get a quality cut or hair service, whether

it's from new talent or a senior stylist."

Some 50 employees work in the spacious 7,000 square-foot SwizzleSticks salon, spa and store located in the heart of Calgary's Kensington Village. The full service hair salon (colours, men's, women's and more) and 100 per cent natural spa (massage, esthetics, waxing etc) is joined by what Hallet calls the "candy shop" — our retail store. It's a great complement to our services with makeup stations (eyebrow shaping, makeup lessons, skin

care, bridal party makeup and special event makeup) and in-store specials and promotions."

It's important to SwizzleSticks (and its customers) to feature environmentally-responsible products (AVEDA, Kevin Murphy, Jane Iredale and their very own Signature Line) and to leave as small a carbon footprint as possible, in all areas of the business. To that end, SwizzleSticks works with Green Circle Salons to recycle 90 per cent of its waste (left

over colour, foils, and even Starbucks cups). Last year, the salon/spa was recognized with an Environmental Stewardship Award nomination for just such community efforts.

"We partner with many local organizations like Calgary Folk Festival, Alberta Ballet and many others. We even have two bee hives in Heritage Park through our partnership with ABC Bees. It's important to us and all these organizations to care for the earth now, and in the future," said Hallet.



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The concept for revolve furnishings developed in the spring of 2008. While managing a local furniture retailer, our founder discovered a gap between what customers wanted and what they could find on the market.

It seemed that many clients were bored, uninspired and frustrated with the selection of boring traditional furniture offered by the current mix of furniture stores. Worse, they were having a difficult time distinguishing one furniture store from the next. Existing furniture stores were conservative, dark environments with quiet elevator music in the background. The stores were relics from the days when furniture was bought for function, not style.

Realizing that many clients needed a modern furniture store in Calgary, revolve furnishings was founded. We created a store with a fun, upbeat atmosphere and the latest fashions in contemporary furniture.

Walk into the revolve showroom and feel the difference. We are not pretentious like a boutique store, nor are we aggressive like a big-box discounter. Our goal is to treat you the way we want to be treated, with respect and care to your unique design needs.

we like to think that we know what you want
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- and coming soon, a new sleek, chic and **user friendly website**
- and a **glossy new store** in Crossiron Mills

think **sexy**. be **rebellious**. redefine **modern**.

Customer service key to topping award vote

There is a reason Allmakes Auto Repairs is named the Best Auto Service Centre by Metro Calgary readers and is the highest rated Subaru repair shop in Calgary: exceptional customer service.

In an industry plagued by stereotypes of shady mechanics, Allmakes co-owners Shiraz Somji and Jamalu Din Daya shine as a beacon of service, honesty, and trust — words not often associated with auto repair.

And their customers agree.

"What a breath of fresh air," says Jason B., a Yelp reviewer, adding "The work done was quality and honest. I will be coming back here for many services to come."

The kind words and accolades don't stop there.

Evan Mansfield wrote, "Great staff, great prices, great fun. They know their stuff and there is never any uncertainty whether your car is in the wrong hands. This is my only go to mechanic shop."



CONTRIBUTED

Din Daya and Shiraz appreciate their customers' loyalty.

"We appreciate all of our customers and we couldn't have done this without them. We're extremely happy to have won this award and we will work our butts off to win it again next year," Shiraz adds.

To celebrate the accolades, Allmakes is hosting a Stampede breakfast on July 15th from 8 a.m. until 11 a.m. in their parking lot to give back and show their appreciation for the customers that support them.

CALGARY FOLK MUSIC FESTIVAL EXPANDING BEER GARDENS

Everybody's favourite outdoor music festival is about to get even cooler.

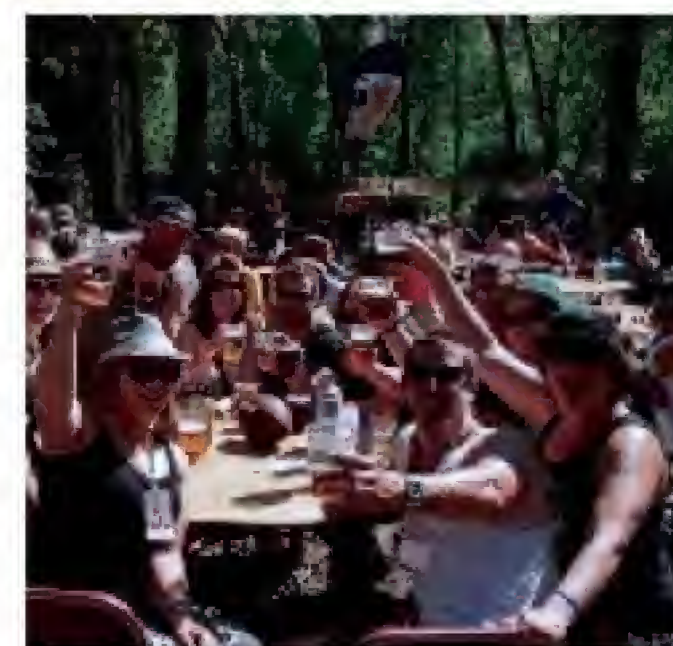
Metro readers have already voted the Calgary Folk Music Festival as the city's Best Festival and that was probably before they knew that the popular beer gardens were being expanded this year, according to festival marketing manager Matt Olah.

"We know people love to spend time in our beer gardens and that's why we decided to expand the family-friendly beer gardens to encompass all of Stage 3," Olah says.

"That means there is more fun in the — fingers crossed — sun. There will also be a live feed of the Main Stage in the beer gardens so that our beer drinkers don't have to miss a single-thing."

But that's not all, as the festival grounds will also feature a skateboard ramp for people to enjoy in honour of the very first skateboard ramp built in Calgary in 1977 by Folk Fest staff member John Hiebert.

"Now almost 30 years later we are bringing the City of Calgary's skateboard ramp down to our site so bring your



SHELANDA KIJALA

boards and your helmets, people."

The 37th annual celebration will feature 69 artists including The New Pornographers, The Dudes, Cat Power, Michael Bernard Fitzgerald and more. The musical acts stem from 16 countries and will play across eight stages at Prince's Island Park from July 21 to 24.

For information about the festival or to purchase tickets, please visit calgaryfolkfest.com.

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GET THE SLEEP YOU NEED AT THE SLEEP BOUTIQUE

Experts say that people should strive for at least seven hours of sleep each night and that's why choosing the right mattress is so important.

The sleep experts at Sleep Boutique are industry leaders in helping Calgarians get a great night of sleep — every night — and Metro readers agree as they were chosen as the Best Mattress Store in the city.

"By choosing a custom mattress, our customers are meeting their own individual needs and not having to settle for something a manufacturer chooses for them because not every person is the same," says Sleep Boutique owner Colin Crump.

Sleep Boutique is truly a one-stop shopping experience for its customers as it combines a showroom and the manufacturing of all mattresses on a single site.

"And our customers love our 'Perfect Sleep Guarantee', which puts us miles ahead of any big box store. We have a local vibe since we are a high-mix, low-volume operation. What makes us different is we offer the both of best worlds; custom work at factory-direct prices."

Sleep Boutique carries a wide variety of spring, foam, latex and hybrid mattresses and they also use natural materials including latex, wool and cotton.

"Our mattress designs are superior to major brands, we make mattresses that are modular and flexible. We have zippered access so our customers can replace their pillow top, or change components. Our designs also allow our mattresses to be flipped or rotated for added durability."

Since opening its doors in 1976, Sleep Boutique has been providing the most custom options in Western Canada with thousands of combinations to choose from.

"We aren't like the average retail mattress store. We don't have big sales and commission sales staff so people don't feel pressured or rushed. We want every one of our customer's to find the right mattress for them," Crump adds.

Sleep Boutique is located at 5010 1st Street S.E and is open Tuesday to Saturday and by appointment Sunday, Monday, and evenings. Please visit sleepboutique.ca.

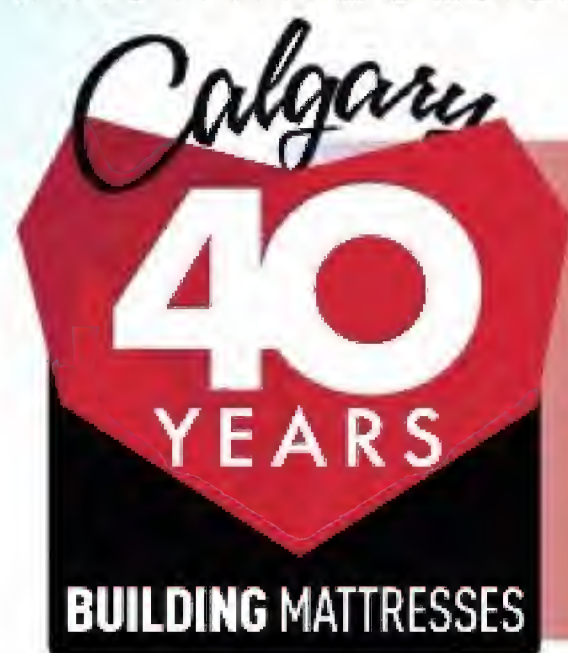


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BE YOUR BEST SELF ALL SUMMER LONG

Voted as Best Hair Restoration in Calgary, it's easy to see why Metro readers love The Hair Restoration Institute so much.

The Hair Restoration Institute, a division of Sante Medical, is located at Sante Medical, which is one of the largest medical aesthetics clinics in Calgary, offering one of the most comprehensive offerings of hair restoration, medical aesthetic and wellness treatments in Calgary.

"What sets us apart is our staff, who is fully committed to providing the best service and treatment. And we have a wide variety of treatment offerings from skincare, laser, medical aesthetics such as Botox and fillers, to hair restoration and vitality treatments," she says.

"Our hair restoration specialists are determined to deliver the safest, most effective

hair restoration strategy using state-of-the-art solutions in order to treat your unique hair loss situation. Unlike clinics who only do one type of hair transplant procedure, we can give you an unbiased and balanced view to assist in your decision," she adds.

The Hair Restoration Institute joined Sante Medical in October 2015 and has been a go-to choice for Calgarians ever since. The team at Hair Restoration is led by Dr. Bobby Sreenivasan, who is one of the leading physicians for the ARTAS Robotic Hair Restoration systems in Canada, and who also performs the MAX growth (strip method) for hair restoration.

Hair Restoration Institute and Sante Medical are in the same building at 1451 - 14 Street S.W. Please visit hairrestorationinstitute.ca for more information.

The store that's easy on your eyes

Personalized care, a wide selection of the hottest brands and the latest technology are just a few of the reasons why Optiko Eyewear provides the finest in vision care and eyewear to Calgary and the surrounding areas.

With two convenient locations in Market Mall and Sunridge Mall, clients are greeted with friendly and personalized care, according to owner Sal Haymour, who is proud that Metro readers chose Optiko Eyewear as the Best Optical Store in Calgary.

"Both of our locations offer a wide selection of the hottest eyewear brands from around the world including prescription and non-prescription sunglasses and contact lenses," he says.

"We also offer comprehensive eye examinations by highly-qualified optometrists. Our licensed and certified vision experts special-

ize in customizing hard to fit prescriptions in today's most fashionable frames. Each location has an onsite lens lab, utilizing the latest lens technology that can provide one-hour service on most products."

Optiko Eyewear also carries exclusive brands available to a select few in the optical industry as well as an extensive new line of products that are fashion-forward and luxurious.

"Eyewear has become a fashion statement as much as it is a necessity. We believe your eyewear should express who you are. Our devotion to innovative eyewear motivates us to constantly search for the latest and most exclusive eyewear designers and share them with you," Haymour adds. For more information please visit optiko.ca.



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Transforming the home developer industry for 30 years

Challenging themselves year after year to raise the industry standard through innovation, quality and value has really paid off for Truman.

Chosen by Metro readers as "Best New Condo Developer", Truman has been transforming the home developer industry for the last 30 years, according to company vice president Oliver Trutina.

"We are in the lifestyle business and we happen to make great condos that people want. We want to keep pushing the envelope when it comes to our developments," Trutina says.

"We spend hundreds of hours of research in developing products that our customers want; we build our homes through this research that way our customers get what they want, instead of building what we think they want. I think that's why lots of Calgarian's choose to purchase with us. It's allowed us to enrich the lives of our customers and help them 'live better', which is our credo."

Through their dedicated builders and artisans working hand in hand with their clients, Truman designs and builds world-class residences, mixed use, and commercial

developments.

"Specializing in executive and contemporary, country estate and suburban single family homes, suburban and urban multi-family developments our skill sets have evolved into flagship offerings in the mixed use and retail development sector. Our construction, design, and community engagement practices have helped create many successful developments in Calgary, and these practices continue to put Truman at the forefront of the development industry in Calgary"

Truman has also partnered with many non-profit organizations and has become a major partner in providing affordable home ownership to as many Albertans as possible.

Truman has provided over 350 brand new homes to deserving Albertans through these partnerships, and through their commitment to affordable home ownership Truman has pledged up to 25 per cent of all the product we develop in Alberta to be dedicated to such organizations helping to close the affordability gap. For more information or to view some of their offerings, please visit trumanhomes.com.



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COUNTRY TIRE PROPELLED BY TRUST, SERVICE

From its humble beginnings operating in a barn that didn't have heat or water to its current location along busy Edmonton Trail, the customer service has stayed the same and that's top notch.

Country Tire Auto was voted Best Tire Shop from Metro readers this year and it's easy to see why as the shop has outgrown the barn and currently sits along Edmonton Trail where they continue to serve customers with speed and trust, according to founder and majority owner Kelly Hill-McPherson.

"Back then we went from a barn to a one bay shop in the city and then we just kind of set the tire world on fire. We did things that weren't being done in the industry and even though we were just a small shop we were competing with the big ones," Hill-McPherson says.

And the same efficient and trustworthy service that propelled Country Tire Auto onto the scene all those years ago keeps



ISTOCK

them ahead of the game now with over 100 years combined experience in tire and auto service.

"We have a great team and awesome customers and it's just been going really well."

One of the best parts about getting your car serviced at Country Tire - besides getting in and out in 30 minutes - is the delicious assortment of food options within walking distance.

"Sometimes we joke that we don't know if they keep coming back for the awesome service or the awesome food," Hill-McPherson adds.

Guitarworks named best music store

Guitarworks isn't your average music store, and there's plenty of people who know it. Metro readers recently voted the 25 year-plus Calgary retailer - to many, an institution on the music scene - as best music store in the annual Community Choice Awards.

Guitarworks general manager Dave Simpson says that though ultimately, it's a retail store, it's also a true passion for he and all employees, whether they're posting a vintage or rare guitar find on the store's Facebook page, or knowing how to play guitar so staffers can 'show' as well as 'tell' customers about the products in store.

One of the largest guitar specialty stores in Canada, with about 2,000 items in stock, Guitarworks carries all the main players: Fender, Gibson, Martin, Taylor, Yamaha, and more. Add to that a well-earned reputation for specializing in custom, hard-to-find guitars (boutique brands like Collings and Friedman) - and it's no wonder Guitarworks is a standout.

"Even in the niche market of instrument stores, very few are like ours. But we're not exclusive. We sell a lot of people their first guitar and we make a real effort to carry entry level acoustic and electric guitars too," says Simpson, pointing to good-quality starter guitars for as low as \$150, all the way



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up to rare collector pieces for up to \$25,000.

The original 16th Avenue store (now a showcase for rare and high-end guitars), joins locations in Crossiron Mills Mall, Crowfoot NW and Macleod Trail S. with amps and accessories, service and repair, vintage and used guitars and private lessons in stringed instruments and drums.

"Music is a personal thing for most people, but the appeal of guitar is easy to understand. It's a very accessible instrument, both physically and financially. It's portable and not hard to learn," says Simpson. "I don't foresee a time when a guitar slung over a shoulder isn't cool."

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Grooming for pet princes and princesses

A Royal Touch Pooch Parlour is a small, yet mighty, quirky little boutique style salon with a passion for pet styling.

The pet stylists at A Royal Touch Pooch Parlour were chosen by Metro readers as 2016's Best Pet Groomer and it's easy to see why.

A Royal Touch boasts an award-winning nationally certified master groomer and her personally trained staff with an extensive knowledge of pet styling and handling techniques. With over 40 years' combined experience in professional pet styling, they focus on clarity of communication, ethical and humane handling, and transparency in grooming.

"We enjoy taking care of people's pets and we take pride in understanding their needs, we promote a pet's first and people positive environment," Embree says.

"We provide a variety of appointment options to suit your pet's needs, plus visual aids for style selection. We offer complimentary brushing and combing lessons and customiz-



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able grooming plans to help you meet your styling goals."

It's important to the stylists that their clients and their pets feel comfortable coming to the salon. The team promotes transparency via security cameras which record client consultations and styling services to guarantee excellence in customer service and handling.

The professional pet stylists at A Royal Touch Pooch Parlour also want to say, "Thank you, Calgary!"

Please visit aroyaltouch.com for more information or to book an appointment.

START A NEW RITUAL AT THE SPA RITUAL

It can help you relax — and there are many other health benefits to massage.

It's always a perfect time to start a new ritual at The Spa Ritual, which has been voted by Metro readers as a runner up for Best Massage Clinic in Calgary.

The Spa Ritual has just the right remedies to rejuvenate yourself the mind and body, according to Santé Spa marketing director Christina Arthur Dick.

"Known for our staff and spa experiences, The Spa Ritual continually strives to provide all guests with the ultimate spa experience and there is so much to explore," she says.

"Our numerous offerings meet our client's personal needs with fortifying treatments for the face, body and mind."

The Spa Ritual has been open since 2008 and is one of the larger day spas in Calgary, offering spa experiences and is an award-winning spa, Accredited for Quality assurance from Leading Spas Of Canada and



CONTRIBUTED

has received the Crystal award for Quality Assurance from Spa Quality LLC. The Spa Ritual has also been in the top 5 for White Hat awards for 2015 and 2016.

Looking to escape the crowds at Stampede? Book your next spa escape at The Spa Ritual before July 17 and get 20 per cent off all 90 minute massages or any of our facials at The Spa Ritual. Book now before the promotion ends.

The Spa Ritual is located at 106 crowfoot terrace N.W. For more information please visit thesparitual.com.

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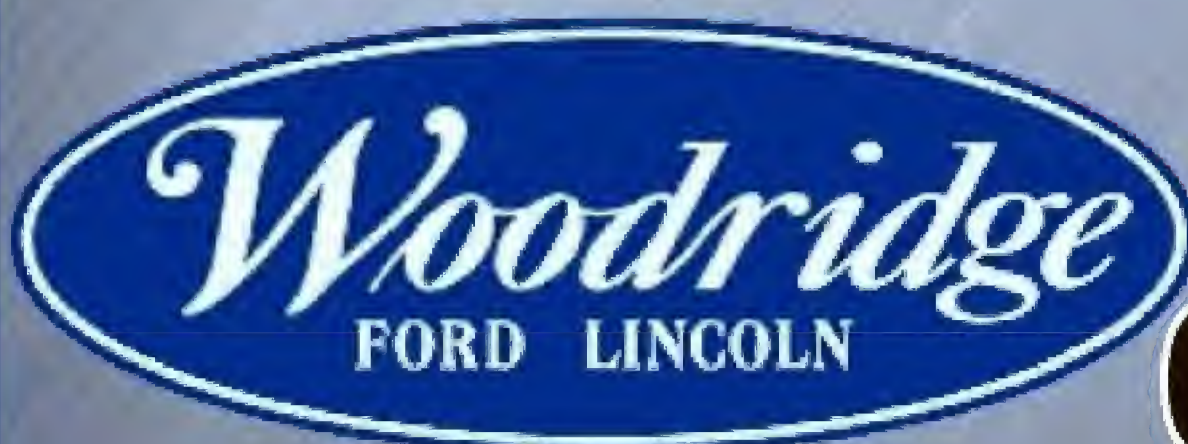
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NBA

Duncan retires after 19 glorious seasons

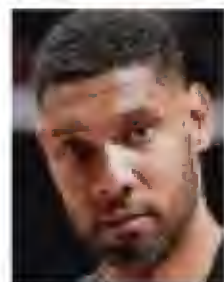
San Antonio Spurs star Tim Duncan is finally calling it a career.

Duncan announced his retirement on Monday after 19 seasons, five championships, two MVP awards and 15 all-star appearances. It marks the end of an era for the Spurs and the NBA.

Duncan was the No. 1 overall pick out of Wake Forest in 1997 and teamed with Gregg Popovich, Tony Parker and Manu Ginobili to make the Spurs the most enduring success story in

modern American sports.

Duncan was a three-time NBA Finals MVP and was named to the All-NBA First Team 10 times in his career. He is fifth on the NBA's career list in blocks, sixth in rebounds and 14th in scoring.



Tim Duncan

GETTY IMAGES

THE ASSOCIATED PRESS

Nixed trade benefits both Blue Jays, Reds

MLB

Saunders and Bruce earn all-star nods for strong play

There would be a shade of irony if both Michael Saunders and Jay Bruce ended up on the same hotel floor, down the hall from each other at the all-star game in San Diego on Tuesday.

Four months ago, they were almost dealt for each other as part of a three-team trade with the Blue Jays, Reds and Angels.

Saunders was on his way to Anaheim in the deal, and Bruce would have replaced him in Toronto as the team's primary left-handed hitting outfielder.

Health concerns of one of the players involved in the trade scuttled the deal that was widely reported but never completed.

Both players earned an all-star berth last week with their original teams, so the nixed deal has turned out well for both organizations.

"Getting in is getting in," said Bruce, who made the all-star roster as a late injury re-

placement. "I'm really happy, and I definitely won't take any all-star appearance for granted."

Bruce has a .267 batting average this year with 18 home runs and 63 RBI, bouncing back from two subpar seasons. His name has once again popped up in trade talks with the rebuilding Reds, and the Jays once again are mentioned as a possible destination for a player who has rebuilt his value.

Bruce is in the final year of a six-year, \$51-million contract he signed with the Reds in 2011. The Reds have a \$17-million club option for 2017 (with a \$1-million buy-out).

Saunders worked tremendously long and hard after tearing knee ligaments, simply to get healthy and a shot at re-

claiming the left-field position that was his to start the 2015 season. He missed not only the bulk of last year, but the Jays' exciting playoff run.

"I've always said I was glad it (trade) didn't happen," Saunders said Sunday, before boarding a plane to San Diego.

"This year I wanted to be with this team and help it every day. So yeah, I'm glad I have that opportunity."

TORSTAR NEWS SERVICE



Michael Saunders, left, and

Jay Bruce GETTY IMAGES



IN BRIEF

Stampeders great dies at 81
Former Calgary Stampeders Ron Allbright has died. He was 81.

The team said Monday night that the Calgary native had died in his hometown on Saturday.

The Stampeders added Allbright, who played primarily as an offensive lineman from 1956 to 1967, to their Wall of Fame in 2014.

THE CANADIAN PRESS

Warriors' Green arrested for assault and battery

Golden State Warriors star Draymond Green was arrested on a charge of misdemeanor assault and battery over the weekend near the Michigan State campus, police said Monday.

The alleged incident occurred around 2:30 a.m. Sunday, and involved another an adult male who was not injured and did not flag down an officer afterward. THE ASSOCIATED PRESS

Ruling on Sharapova's doping ban postponed

A ruling on Maria Sharapova's appeal of her two-year doping ban has been postponed until September, ruling her definitively out of the Olympics in Rio de Janeiro.

THE ASSOCIATED PRESS

8-3-1

Through three weeks of the CFL season, the visiting team has posted an 8-3-1 record. Road teams have outscored their opponents 350-263 for a 13.25 points per game margin of victory.

THE CANADIAN PRESS



STANTON LIGHTS UP DERBY Miami Marlins slugger Giancarlo Stanton clobbers a homer during Monday night's Home Run Derby in San Diego. Stanton bested defending champion Todd Frazier of the Chicago White Sox in the final to be crowned this year's winner. The Marlins outfielder hit a record 61 dingers in three rounds, including two that were both estimated at 497 feet. The MLB All-Star Game will be played on Tuesday night. HARRY HOW/GETTY IMAGES

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MIXED MARTIAL ARTS

Top promotion sold to WME-IMG for huge windfall

In less than 16 years, the UFC has grown from a money-losing company in a widely reviled sport into a global entertainment property worth \$4 billion.

While the UFC and its new owners figure out the company's next steps, Lorenzo and Frank Fertitta are tapping out of mixed martial arts with a remarkable return on a \$2-million investment.

The UFC has been sold for approximately \$4 billion to a group led by Hollywood entertainment conglomerate WME-IMG, both companies confirmed Monday.

The sale will spectacularly benefit the Fertitta brothers and UFC president Dana White, who first persuaded his wealthy high school buddies to buy the cage fighting promotion in 2001. White also owned nine per cent of the company, and he isn't go-



UFC 200 in Las Vegas Saturday night was billed as one of the biggest events in the promotion's history. REY DEL RIO/GETTY IMAGES

Perfect time to change the revenue split to 46/54 per cent to be equal to the other major sports

A tweet from featherweight Jeremy Stephens who was among many fighters who took to social media to speculate hopefully about Monday's deal.



ing anywhere despite his own windfall: he'll remain the boss and public face of the UFC while

keeping an ownership stake. "No other sport compares to UFC," White said. "Our goal

has always been to put on the biggest and the best fights for our fans, and to make this the biggest sport in the world. I'm looking forward to working with WME-IMG to continue to take this sport to the next level."

Since their purchase of IMG three years ago, WME co-CEOs Ari

Emanuel and Patrick Whitesell have been pursuing properties throughout sports and entertainment ahead of a possible initial public offering. The UFC is their biggest buy yet — and the deal appears to be the largest single financial transaction in the history of sports.

"We're now committed to pursuing new opportunities for UFC and its talented athletes to ensure the sport's continued growth and success on

a global scale," Emanuel said.

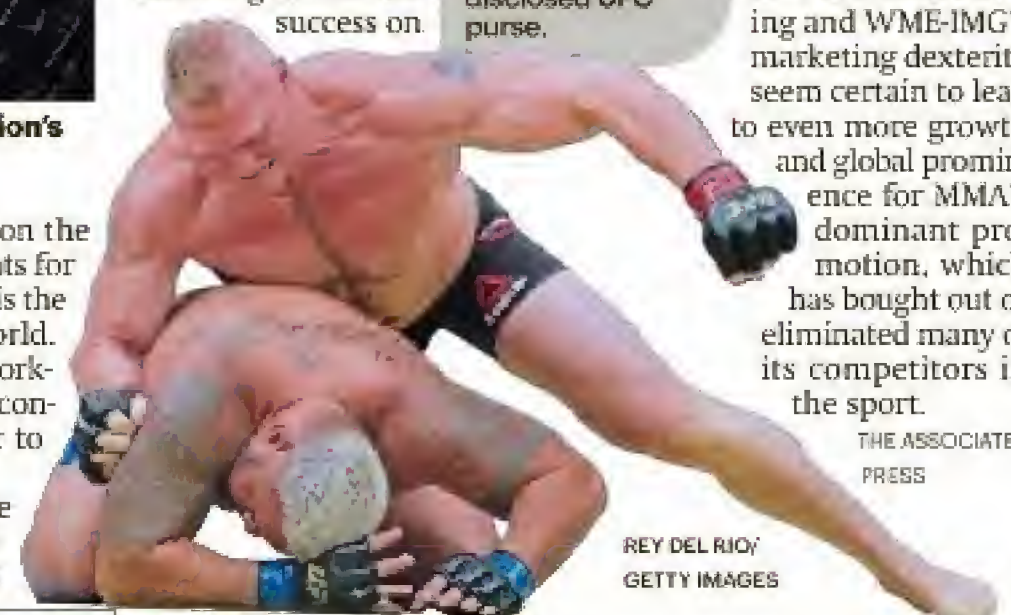
In their first public comments about the deal, White and the new owners have suggested little will change at first for the promotion. The UFC has a full slate of fights scheduled this year, all building toward its long-awaited debut at Madison Square Garden in November after New York legalized MMA earlier this year.

But the UFC's new financial backing and WME-IMG's marketing dexterity seem certain to lead to even more growth and global prominence for MMA's dominant promotion, which has bought out or eliminated many of its competitors in the sport.

THE ASSOCIATED PRESS

\$2.5M

Brock Lesnar made a basic purse of \$2.5 million US for his win over Mark Hunt at UFC 200 on Saturday night. The payout is a record for a disclosed UFC purse.



REY DEL RIO/GETTY IMAGES

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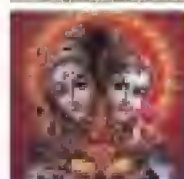
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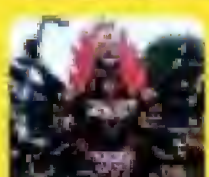
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OLYMPICS

Canadian track stars hungry for medals

Canada will field its largest — and arguably strongest — Olympic track and field team next month in Rio.

Four years removed from a young squad which captured one medal at the London Olympics — Derek Drouin's bronze in high jump — the team is that much older and better, and poised for a parade to the podium in Brazil.

The Canadian team, introduced in a ceremony Monday in Edmonton, now has embarrassment of riches virtually across the board. Where once Canada dominated only in men's sprints or women's hurdles, this team has contenders in virtually ever-

discipline from the 100 metres in world bronze medallist Andre De Grasse, to the multi-events in world heptathlon silver medallist Brianne Theisen-Eaton and world decathlon silver medallist Damian Warner.



We can be contenders on this stage for medals, not just there to experience it.

Brianne Theisen-Eaton

"Seeing Derek win that medal in 2012, you couldn't help but feed off that, and I think it's making everybody pick up their game," Warner said. "(Drouin's bronze) showed me it was possible."

Among other notable team members are Shawn Barber, the reigning world champion in the pole vault, and race walker Ben Thorne, a world bronze medallist. THE CANADIAN PRESS

+ MARCHANT'S DOUBLE DUTY

Lanni Marchant will compete in the women's marathon as well as the 10,000 metres at the upcoming Rio Games, allowing the Canadian distance runner from London, Ont., to race a rare Olympic double. Marchant, who holds the Canadian record in the women's marathon, said she was originally told her focus at Rio would be on the 10,000 metres.

RECIPE Salmon with Peach Cucumber Salsa



PHOTO: MAYA VISNENI

Ceri Marsh & Laura Keogh
For Metro Canada



You can top this sweet and family-friendly salsa on a variety of fish but we're fans of tender salmon.

Ready in

Prep time: 10 minutes
Cook time: 20 minutes

Ingredients

- 4 or 5 filets of salmon with skin
- 2 cups of peeled, pitted and diced peaches (I used 3 peaches)
- 1 cup unpeeled, diced cucumber
- 3/4 cup diced red pepper
- 1/4 cup washed, finely chopped cilantro
- 4 Tbsp lime juice
- 1 tsp of chipotle chiles (adjust depending on how much heat you like) minced

Directions

1. Mix all the ingredients for the salsa except the chiles. Separate the amount you think you'll give little kids or those with zero tolerance for heat. Then add your chiles and stir it all together. Taste and check seasoning. Cover and place in the fridge.

2. Wash and pat dry the salmon. Season the fish with salt and pepper and a slick of olive oil on both sides. Place the fish on the grill, skin side down. Leave for 4 to 5 minutes, depending on the size of your filets. Use a thin spatula to flip the fish over. Allow to cook for another 4 to 5 minutes on the flesh side. Serve with a heaping spoon of salsa

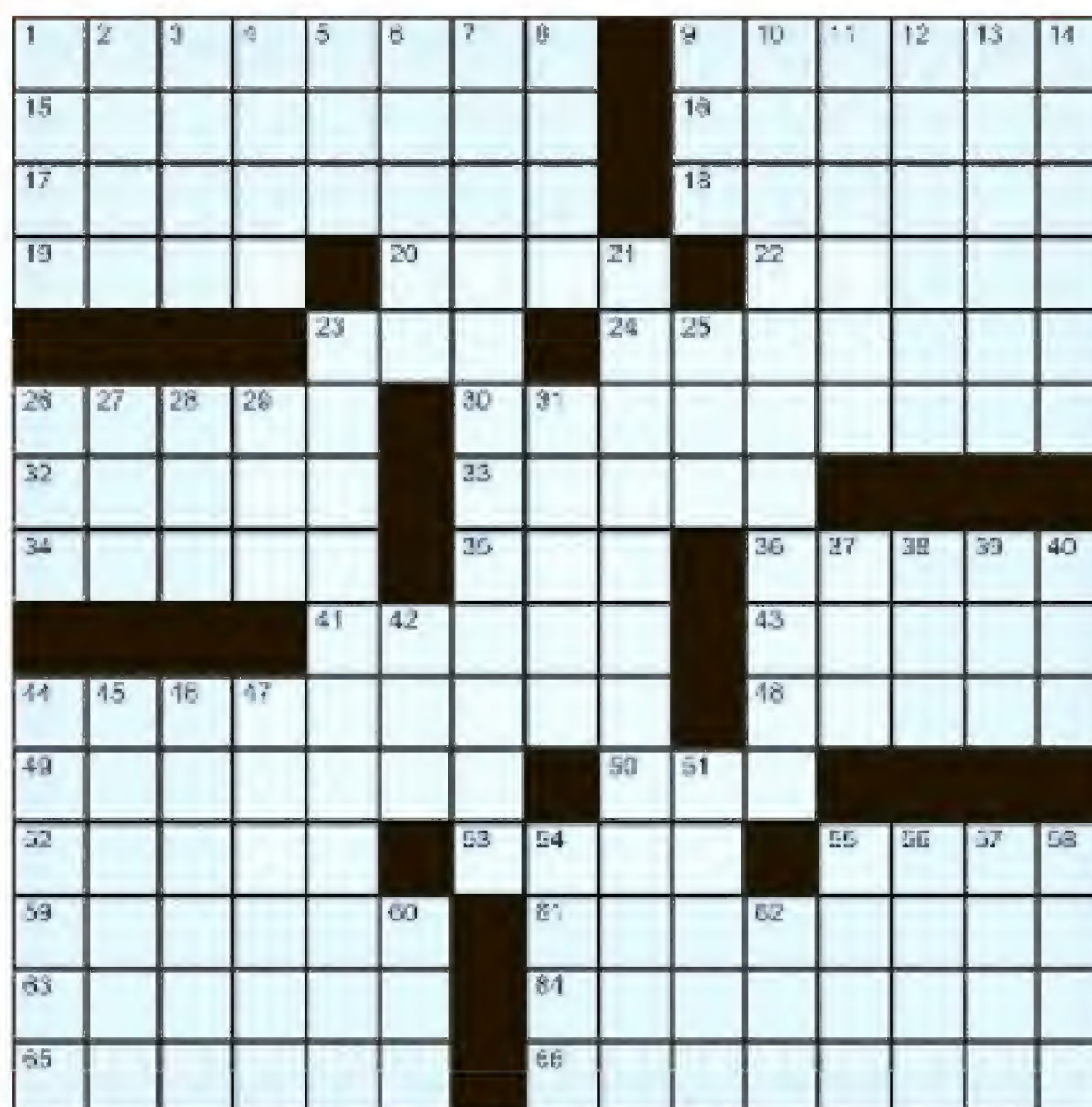
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Newfoundland... Village on the Great Northern Peninsula: 2 wds.
- Three-sided ancient harp
- Goals reacher
- Q. "Who is Bruce Willis' daughter who won on 'Dancing with the Stars'?" A. "...believe"
- Canadian super-model Monika
- Take ___ (Rest)
- Leaky balloon sounds
- 'Arthr' suffix
- "Say ___ the Dress"
- "...or ___ thought,"
- Greek Myth: Hunter turned into a hunted-by-hounds stag
- Mount ___ Hospital, in Toronto
- Flyers
- Breezing through
- Stick out like ___ thumb
- Welsh poet Mr. Thomas
- Calif. NBA team
- Trash-can-lids-as-instruments theatrical show
- Actor Alan's
- Intrepid individual
- Welder's tool
- Mosey along
- Cite: 2 wds.
- Climbing plant
- Between: French
- Supplication
- Biblical twin



- Saskatchewan hamlet, it looks like our great nation in a way
- Hamlet castle setting
- Cylindrically-shaped
- Self
- Town Crier's call: 2 wds.

- Once/when: 3 wds.

DOWN

- Paul McCartney's instrument
- Abbr. list-enders
- OFL players, e.g.
- Also-___ (Runners-up)

- The Company org.
- "Blame It ___" (1984)
- Nunavut... Mount Thor is so steep that it's known for being the Earth's greatest what?: 2 wds.
- "Able was I ___

- saw Elba"
- La-La lead-in
- 1967 Rolling Stones hit: 2 wds.
- Jennifer Lopez hit: 2 wds.
- "...six ___-laying..."
- Speechmaker
- Certain cameras

- Canadian author (who grew up in the Chicago suburb of Oak Park) of The Stone Diaries: 2 wds.
- Be an endorser of 'Ghent' to end the War of 1812: 3 wds.
- "Proud Mary" gr.
- Clown face expression
- Frigid
- Zippo
- Santa ___ California
- "The Love Boat" bartender
- Glasgow topper
- Eyeball
- Alice's dinner boss
- Grand-___ Nova Scotia
- Piece of land
- Inhalation
- Temporary money getter
- Hill ___ (Ireland's ancient High Kings realm)
- Mr. Klemperer, Colonel Klink's portrayer on "Hogan's Heroes"
- Pottery creations
- Carrie Fisher's royal role
- 'Within'-meaning prefix
- "...conclusion..." (Speech-ending phrase)
- Greek city once called Ambracia
- Slangy one-eighty turns
- Bee's follower
- Ancient veil-giver

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
The next three weeks will be full of opportunities for parties, picnics, sports events and playful times with children. You feel flirtatious and in the mood for fun!

Taurus April 21 - May 21
Expect to focus on home and family in the next three weeks. Many of you will attend to home repairs and tackle fun decorating projects. (Sometimes not so fun.)

Gemini May 22 - June 21
In the next three weeks, your daily schedule will be busy! Short trips, errands and discussions with everyone will be upbeat and friendly.

Cancer June 22 - July 23
Trust your moneymaking ideas in the next three weeks, because you can boost your income. It's a good time to shop for treasures for yourself and loved ones.

Leo July 24 - Aug. 23
Both Venus and Mercury will move into your sign now, to stay for several weeks. This makes you social, charming and diplomatic. (Yes, everyone loves you.)

Virgo Aug. 24 - Sept. 23
Research and working behind the scenes will go well for you in the next few weeks. If there's something you need to learn or discover, start digging!

Libra Sept. 24 - Oct. 23
The next few weeks will be a social, fun-loving time for you. Enjoy classes, clubs, groups and associations. Expect to hang out with younger, creative people.

Scorpio Oct. 24 - Nov. 22
Discussions with bosses, parents and VIPs will go well in the next few weeks. Expect someone to ask for your creative input about design, layout, landscaping or webpages.

Sagittarius Nov. 23 - Dec. 21
Travel for pleasure appeals to you now. In the next few weeks, you will have chances to travel, which means you must keep your eyes open and be ready to jump at the first opportunity.

Capricorn Dec. 22 - Jan. 20
Gifts, goodies and favors from others will come your way in the next three weeks. This is an excellent time to tie up loose ends with inheritances and shared property.

Aquarius Jan. 21 - Feb. 19
Relations with partners and close friends will improve in the next three weeks, because both Venus and Mercury will be opposite your sign.

Pisces Feb. 20 - March 20
You will enjoy your job much more in the next three weeks because co-workers will be supportive and friendly. You also might get a raise or, at least, praise.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

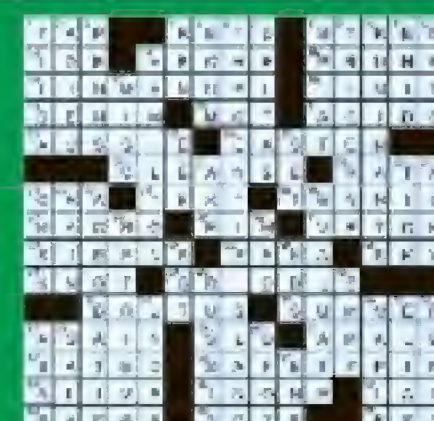


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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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3	1	6	9	4	2	7	5	8
5	7	4	6	3	8	1	2	9
9	8	2	5	7	1	3	4	6
1	5	3	2	8	9	4	6	7
6	9	8	7	1	4	5	3	2
2	4	7	3	5	6	9	8	1
8	6	1	4	9	3	2	7	5
4	2	5	1	6	7	8	9	3
7	3	9	8	2	5	6	1	4



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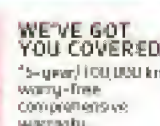


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